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Grass Roots

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- Herbs for Goats • Beef Cattle Basic Info
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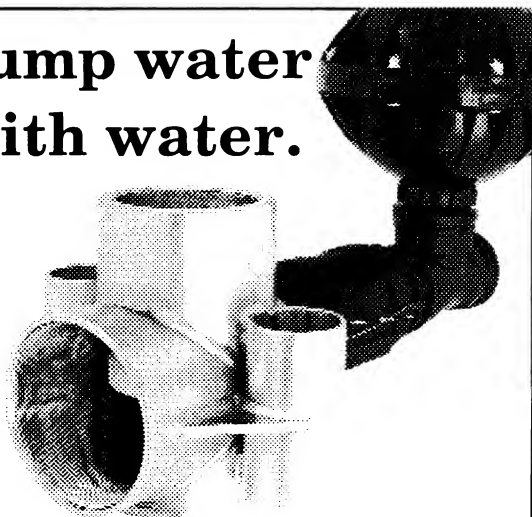
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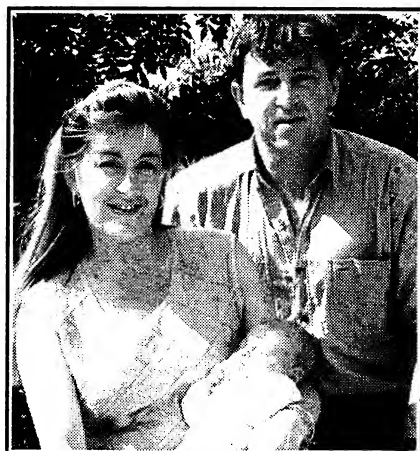
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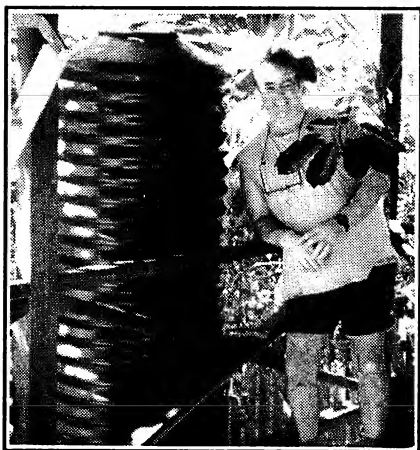
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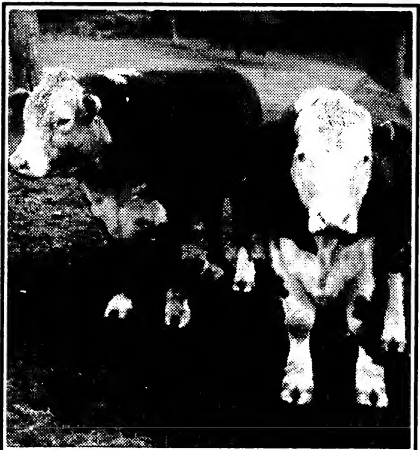
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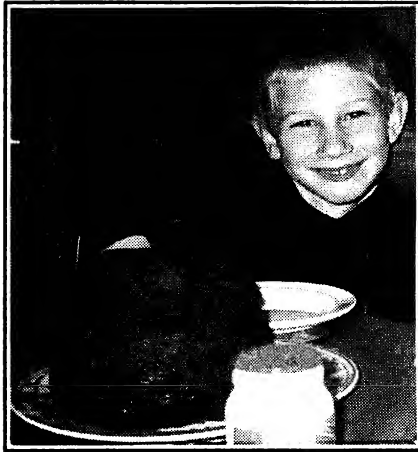
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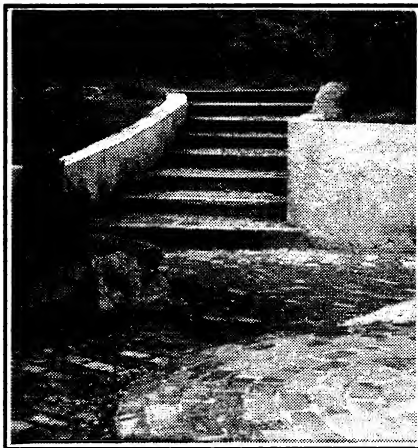
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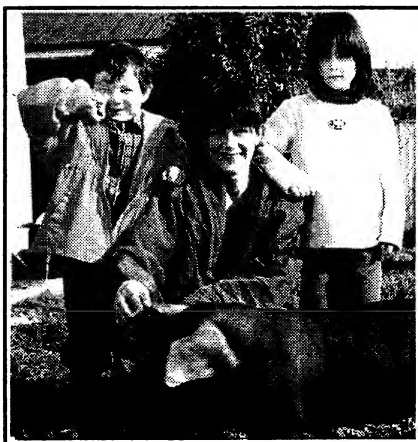
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COVER PHOTOS

Front Cover: Bonnie, Jackie and Emily Wyld with their pet Large Black pig. They can help save rare breeds from extinction. See 'Pigs in Need of Preservation' page 7

Back Cover: Pigs make wonderful pets. This boar, happily swimming from the paddock, is a picture of placidity, only a few centimetres from the camera.

Edited by Megg Miller and Mary Horsfield

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We have a vivid picture of how readers react when they get their copy of *Grass Roots* – we've probably received more feedback on this than any other aspect of the magazine. And it's not necessarily a pretty picture. We've heard of people walking into electricity poles, of locking themselves into the toilet, of sitting in the car in front of the newsagents, unashamedly reading. I was surprised but delighted to find a typed description of this affliction at the bottom of the box that holds the bits and pieces for this page. Rifling through the box and becoming totally ensnared in its contents is a separate story in itself. A ten-second look turned into an hour's nostalgic reading, and when I resurfaced to face a messy desk and imminent deadline, the sense of discovery and delight that you all find with each new issue stayed with me too. But I'm becoming sidetracked, and wandering from what our mystery contributor described as a 'dire disease'.

If only ill health could be healed so easily! Of course, enjoying a laugh and feeling happy will help the body marshal its resources and improve the immune system. After noting the numerous symptoms of magazine malaise I'm not so sure opening up *Grass Roots* is beneficial; perhaps we should be including a health warning. We've included this humorous piece elsewhere on the page and hope you get a good laugh, or at least a smile from it. Our thanks go to the bush philosopher who spent so much time and effort compiling it.

It's been brought to our attention that the Feedback section is occasionally used by unscrupulous people to cunningly gain advantage. What have these dirty dogs done? The complaints we received related to ill health and information that could be obtained which contained all the answers. Several readers sent off their money and were very disappointed with the amateurish handful of pages they got back. Please, be wary about sending money to individuals or businesses you know little about. It is inevitable that some do take advantage of the opportunity to be read by so many people. Unfortunately we can't always discern who is shonky and who isn't, and we don't usually find out until a few people have been taken for a ride. Our advice, as always, is be cautious and ask for more information. Consumers have a right with a Victorian published magazine like *Grass*

Roots to be told the name and residential address of advertisers. Be wary if this is not forthcoming.

Natalie, who joined us exactly a year ago, has surprised herself and us and been offered a similar job in the city. As she commutes to the country daily this will be a much less stressful option for her. We had our hearts set on finding her a wealthy young farmer but were too slow. She'll continue to help out for a little longer, so we're not saying goodbye immediately. We will certainly miss her. We just get new staff appreciating the ways of the country then they leave. For example, there are a wealth of rural words city folk never encounter, and naturally there is the importance of discussing the weather.

Some years ago we received a note from a reader renewing a subscription for her father who was recovering from major surgery. We not only got his magazine off but sent a get well card, and I mentioned Doug in this column. We've stayed in contact via Leanne, his daughter, and just this week we received an update on the family's activities and Doug's health. It was nice to hear that he is soldiering on, and exciting to read of the changes occurring in Leanne's life. One of the amazing things about *Grass Roots* is the sense of kinship everyone feels, and how it crosses over normal social restraints. We share Leanne's lovely letter with you, for its news and views and to show that the magazine and our special publications, which reflect your efforts and lives, fulfil myriad needs and purposes for those who read them. We look forward to hearing more about life abroad. Our wishes go with you Leanne.

'We are spending a year here in a tiny village opposite Martha's Vineyard, Massachusetts, USA, and the tourists are moving out with the end of summer. Soon will come the foggy days, snow and icy winds blowing in from the ocean. My partner is here to complete work on a scientific project (he is a biologist), and it will be my project to finish writing a novel that I began a few years ago.

My girls are about to begin new schools (with some fear on my part), and my big girl, Eleisa, has chosen to stay behind and board at school in Australia, to finish Year 12 and then the HSC. I remember Suni went away to school too, so I know you know my anxiousness about this.

I know too though, that she will be fine, and I am looking forward so much to

A DIRE DISEASE

Many people, myself included, have sought in the pages of 'Grass Roots' or its Feedback columns, advice and sympathy for all sorts of ailments. But what is to cure us of the most obstinate ailment of all – the dreaded GRA or Grass Roots Addiction?

Symptoms are easy to detect:

- *Obsessive over-frequent 'casual' dropping-in to the newsagents.*
- *Trying another newsagent just on spec . . . 'Well they might have it in two weeks before the others, you never know'.*
- *Nervous glances at the calendar . . . 'Well it might just have come in early this month'.*
- *Startling all over at the sound of the postie's bike, at times leaping from the chair in reaction.*

Once GR has arrived in the household the following behaviours can be observed:

- *Total deafness while reading.*
- *The speech disintegrates into vague grunts, or if the patient's attention can be gained for a few fleeting seconds such phrases as 'Mummmmm inna minute' or 'Ge' that phone willya' can be deciphered. Unscrupulous family members have been known to take advantage of patients in the advanced stage of this phase which is to mumble while turning pages. 'Yeah sure, whatever'.*
- *Possessiveness, exhibited by nervous clutching at the copy if any other person so much as enters the room.*
- *Irritability and depression once GR has been read cover to cover and a great deal of sighing, usually coupled with the remark, 'All very well but now I've got to wait another two months'.*

Does anyone know of a cure?

seeing her at Christmas time.

As it's Fathers' Day, it's time too for me to renew Dad's subscription to *Grass Roots*. He is becoming less able to move about now, and so I know how lovely it is for him to keep on receiving your wonderful magazine. I've packed my favourite back copies, the *Fireside Reader* and *Hard Times Handbook* to keep us company myself!!

In between writing my novel and looking after my troops, I am looking forward to knitting and sewing during the ongoing cold weather, and also learning to quilt – it seems to be the thing here.

I'd love to write to you all and let you know our news and tell you about our adventures here. I'll just fill you in from time to time. You have been such a big part of my life, with stories of your families and other GR friends, tips, ideas and good sense – and so kind to my Dad during his hard times with bad health. I would be so pleased to be able to keep in touch.'

WHAT AN INSPIRATION!

by Meagan Myer, Freshwater Creek, Vic.

We often feel humbled by articles from readers. People achieve so much, work so hard, overcome numerous setbacks, maintain a positive attitude through it all, and then write and say that we have inspired them. This article is such a one. Despite a lifetime of undiagnosed health problems, and a few sidetracks along the way, Meagan Myer determinedly pursued her dream, savouring the glimpses of 'joy and contentment' that punctuated the hard work. Now, health problems stabilised (thanks to GR, we're happy to say), her dream is largely realised and she has time to share her journey with us all. It's stories like this that keep us going and make our hard work meaningful. We've turned Meagan's words around and directed them back to her: What an inspiration!

Some dreams are little more than the seed of an image you carry with you always. They're a place you want to be, a feeling you want to feel – hard to describe, but very, very real. Many of us spend our lives searching for that dream, some give up along the way. Some never begin looking. Perhaps dreams are an innate or subconscious guiding hand, which knows somehow where we're really meant to be, even when our conscious minds and society dictate otherwise.

As a child, I dreamed of becoming a teacher of the intellectually disabled; I'd marry, have six children, live on a farm, surround myself with plants and animals and ride my horse to school daily. In due course I moved to the coast, became a teacher and surrounded myself with gardens and a menagerie of animals. Much to my parents' woe, I spent the following ten years travelling on and off, constantly dumping the chooks, dogs, cat, fish and aviaries of birds on my ever-patient family.

To my disillusion, teaching was everything I had dreamed, but I found my niche wasn't in 'the system'. A brief stint in the field of disability left me frustrated that the job I'd envisaged was less about helping those I cared for than about bureaucracy, about economics and banging my head on industrial-relations-problem-filled brick walls. So, I crossed that from my list and began to wonder if it was time to 'just accept' and live the life in front of me.

I kept studying, travelling, playing sport, working. I started and built up

my own business, but I knew somewhere in my heart and soul, some part of me was still unfulfilled. I kept looking. I bought my home, expanded my business and employed staff; filled my social life and learned to ride. Within twelve months I gave up on my dreams. Perhaps it was time to 'just accept'. Ironically, it was then that I met my husband, sold my home and moved, finally, to a beautiful farm.

My husband gave me my first horse, but she went lame a month later, never to recover. He had five horses, all highly strung polo Thoroughbreds – too hard for me to ride, but I struggled, fell too many times and eventually 'coped'. I soon found that I had six to ride daily for six months of the year.

'No time, no time,' she cried, with a full-time job, a biological clock ticking, a farm unattended, bare paddocks which should be gardens, a home to decorate, food to grow, a life to lead and horses to work. Was this my dream?

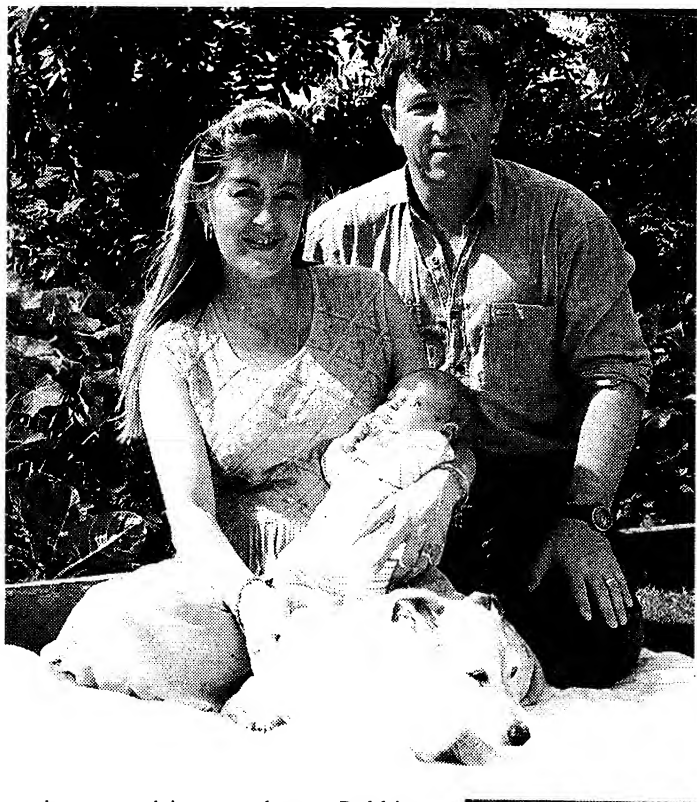
I worked from home and watched my business become a seventy-hour-a-week monster. The farm was everyone else's novelty. Visitors came and plonked themselves down with a contented sigh. 'Oh I just love being here, it's so relaxing, I could sit here for hours.' 'Please don't,' I silently prayed. 'I just don't have time.' I baked, worked, entertained, and attended the never-ending farm chores, which often fell to my shoulders as my husband travelled for work. The situation worsened. I became frazzled and disillusioned. Where had I lost me along the way? Life was just too hard.

I had to request friends not visit during work hours. I shut the gates, parked my car behind the hay barn and took to 'hiding' from the door knockers. My social life died, some took offence, but work got done. Weekends were worse, but now our real friends expect to be thrown on the tractor or handed a shovel or wire-cutters when they come to visit!

I bought chickens, they bred – roosters. I faced my first killings, but my soft heart left it too long and they were tough and gamey. The dogs ate chicken stew for weeks. We fought chicken disease and horse illness and injury. I became a lay vet. My time decreased further. I became antisocial and pushed everyone away. My husband and I worked every second to build our dream. How ironic that all my life I'd had the time for my dream, but not the resource, and yet now, with my dream at my feet, I had no time to indulge it. The dream died.

Then, I discovered *Grass Roots* in the library. What an inspiration! A whole lifestyle of possibilities grew before me. I devoured every magazine the library owned and waited impatiently for my first subscription to arrive. My hankering to play with my land grew, though not my time nor finances. But I plugged on and re-read each magazine – especially the Feedback, my favourite section.

I planned to do so much and failed miserably most times due to lack of time to follow ideas through or because I took 'short cuts'. The foxes and disease killed my chooks, frosts and drought killed the plants, mice, rats and



Left: Meagan and Laurie with baby Benjamin and faithful dog Cheeky, learning to enjoy the journey as much as the destination. Cheeky died two days after this photo at the grand doggie age of 17.

Below: Laurie's daughters Olivia (left) and Cassie in the lucerne crop just prior to harvest.



snakes moved into our home. Rabbits ate through our crops and trees; pests and birds stripped my orchard and vegies; my work devoured our cash and time; horses consumed more and more of the few available daylight hours and each season brought new needs on our little farm. Surely life wasn't meant to be this hard.

And where was the dream? Still there – dimmer, duller, but burning on, encouraged by GR and gardening magazines, by hope, optimism and a view of the end product. But mostly, by the glimpses of joy and contentment along the way. The quiet coffee with my husband on the veranda at dawn and dusk, horses neighing in the paddock, birds calling. Just us and our land. Those things stopped us from losing sight of the idea that life is about the journey, not about reaching the destination. And we worked and worked, and it has been horrible and hard, fun and satisfying. But we're there now.

My husband and I became slaves to our eighty acres, but achieved beyond our wildest dreams. We worked together, strengthened our relationship and grew closer to each other and to those friends and family who are always there to help. We learned the real partnership of country neighbours and wear out the local dirt road as we swap and

borrow equipment, vehicles, tractors, yarns and muscle. Between the few homes on our road we have everything.

I now only 'work' part time, with employees taking most of the business load. It's still intense and difficult, but I'm moving ahead. Someone else rides our horses, and I now have time to cherish and really enjoy them – my way. Finally, twenty, or perhaps thirty years after the dream began, my world is opening up in front of me.

I supply my family and friends with never-ending crops of fruit and vegies. The vegies are mostly self-sown, from where I'm not sure, growing prolifically from the one hundred parcels of nutri-

ents the horses supply daily. The two acres of gardens, nonexistent when we arrived, are flourishing from the same, and lots of love, hard work and care.

We had a two-centimetre cover of soil here over solid clay, boggy in the winter and displaying earthquake-like crevices in summer. But the gardens don't notice now, they're bordered by the fifteen tonnes of rock we pulled (by hand) from a twenty-acre paddock (now down in lucerne), and we built up their beds from every newspaper and old bale of hay begged from everyone I know. The old farm car (a gift from a neighbour), trailer and I have worn a path to the equestrian centre next door

where my trusty poo rake and I have shovelled hundreds of loads of sawdust/manure mix for my gardens. Thanks to the worms and nature, now we've plenty of soil.

We planted our own trees – 650 eucalypts two years ago, which are now four metres tall. No irrigation, just patchy drought-wrung rainfall. The six-monthly pruning supplies my mulch and sales to florists. Seven hundred and fifty more gums and acacias went in a year later and in two years we'll have not only our own forest to ride through, but a firewood and income source. Most importantly, we have living, enjoyable proof of not only our efforts, but also, of our contribution to our land.

As the last home on our road on town water, we're lucky, but as the years go by and we save and buy more tanks, our needs will decrease. The gardens and animals are dam and tank fed and we're learning to recycle. We get a good rainfall generally, and were lucky this autumn as we had so much feed we could buy cheap lambs and sell them fattened at a profit. We held some back for ourselves, and, while the killing was tough, it was worth it. To go back to shop-bought meat is not a temptation. I visit the supermarket monthly now and have a bet with myself each time to spend less than I did the time before. I've learned to make my own foods and cleaning and cosmetic products. I find so much pride in my own breads, produce, teas, sauces, jams and preserves. I have enough stock for myself and give away a good quantity.

I battled for fifteen years with dairy and artificial flavour colour/preservative intolerance and coeliac disease, but could only put my finger on the latter after a GR article ('Is Wheat Friendly?' in GR128). With daily ill health, fifteen years of doctors, in four countries, from all strains of medicine, some days I'd felt that I just wanted to give up. After reading the GR article I went back to my doctor requesting a simple blood test. I changed my diet, and for the first time in years became healthy and found the energy to do those little extras. Thanks to GR.

We're not self-sufficient, but sufficiently self-reliant. Each new issue of GR grows new ideas and I look ahead to increased sufficiency and learning to



Part of the newly established garden in the foreground. meadow hay being baled in the background.

do more and more for us. This is what self-sufficiency is to me. This is my dream. I have my loving husband, live on a beautiful farm and am surrounded by fifteen horses, sheep, Brian the rooster, George and Gerry guinea fowl, twenty-five hens, two dogs, two cats, goldfish in all the horse water troughs, and huge quantities of native birds.

I have a native tree/shrub/ground-cover belt, and am planning soooooo much more. The joy my dream gives me goes beyond where the dream began and surpasses anything I could have ever wished, hoped or imagined for. My life is my idea of perfect. I still mix in the rabble of modern city life, but in my way, with my choices. The dream may not last forever, it may change along the way, but for now, I've arrived. I'm happy and content.

My friends love coming out and spending a 'day in the country'. I smile. Such a simple expression, so complex and demanding in reality. They tell me I'm 'so lucky to be surrounded by all this' and live the life I do. Like it all 'just happens'. I wonder – would they trade their free time, TV, socialising, movies, dinners out etc for backbreaking work? Would they work horses at the frost-bitten daybreak, and dag sheep by torchlight after work?

We are lucky. We're living life our way. Perhaps we all read GR for the same reasons – that little piece of

dream inside all of us. GR fosters that dream. it offers encouragement, advice, but most importantly, opens the door of sharing of so many caring and wonderfully real people.

Never lose sight of your dream, keep it alive inside you. search for it and make it happen. And when the going is tough, remember: the journey is to be enjoyed – as much as the destination.

GREY WATER

Before summer arrives, check out ways you can divert grey water to the garden.

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SWEET HERBAL REPELLENTS

by Pauline Weeks, Hall, ACT.

Have you ever taken a garment from your dresser drawer or your closet hanger only to find it riddled with tiny holes? The work of silverfish or moths is never pleasant. For those who seek an alternative to the usual chemical repellents, what is left to us besides mothballs? Herbal moth bags or pillows were used to repel insects long before mothballs. In fact, during the sixteenth century many people carried or wore herb bags on their person. So, it was necessary for those bags to smell good.

Herbal moth bags not only smell delightful but repel moths and silverfish effectively too. They are easy to make and you may decorate them to your own taste. Best of all, you can make them from any leftover fabric you have lying around. Also, if you dry your own herbs, as I do, you can fill the bags with herbs from your own garden.

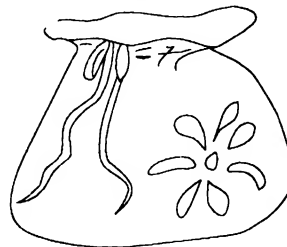
To make a herb bag, draw and then cut two 10-centimetre squares from fabric. Choose from a variety of dried herbs, such as tansy, rosemary, wormwood, lavender, thyme, rose or mugwort. Jasmine has a delightful scent and could be added simply for its aroma. Any three or more of these herbs will do. You will also require one of the following: orris root, cinnamon sticks or cloves. The spice must be ground, so use a coffee grinder or pestle and mortar. The spice is then mixed with the dried herbs to create a delightful aroma. You will also require about 60 centimetres of very thin ribbon or cord, and, if you are decorating around the edge of the bag with lace, you will need about 90 centimetres of lace as well.

Simply sew three sides of the square together, leaving the fourth side open. Turn over a hem at the top of the bag, wide enough to thread the cord or ribbon through. Sew, leaving a gap at the end of the hem to pass a small safety pin through. Then stick the safety pin through the ribbon or cord and push through the hem. Now you can

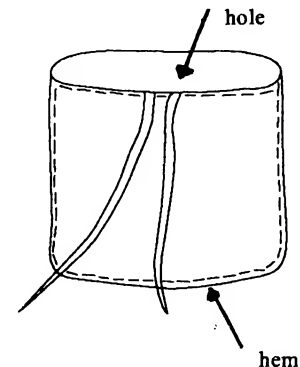
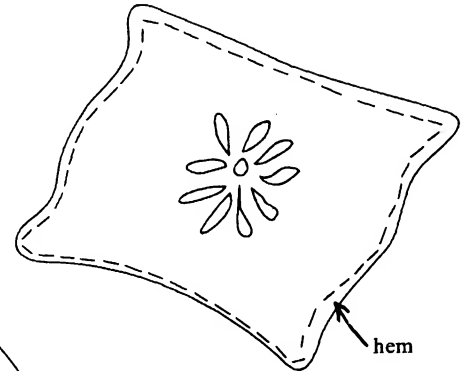
Fancy String-Drawn Bag



Bag




Pillows



fill your bag with the herbs of your choice, and pull the ribbon tight. Hang in your wardrobe amongst your clothes, or even tie to your bedhead.

A herb bag could also be made to repel flies, mosquitoes and fleas. It can be hung over a door or on a curtain rod. The herbs used for this particular bag are as follows: rue, lavender, thyme, wormwood and French marigold. Make exactly the same way as the moth bags.

I hope you enjoy the delightful scent of your herb bags, as I do mine. They are the most natural of repellents and they really do work. Continue to make and use your own herb bags and your entire house will always smell as lovely as your garden.



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PESTS AND PESTILENCE

by John Mount, Woodford, Qld.

When Hitler's hordes marched into Poland at the beginning of the Second World War, the simple peasants were ordered to fertilise their soil with many tons of the new fertiliser that the Germans had brought with them. This was used to enhance and increase the crops in order to feed the dictator's armies during their occupation of the country.

Poland's farmland that had for many centuries seen only simple methods of organic nourishment and replenishment was suddenly subjected to thousands of tons of highly soluble chemicals. The food production increased enormously in the first few years of the occupation, as is natural in the beginning with artificially enhanced soil. After the war when the farmers took stock of the land, they found the soil in a sorry state with much of its nutrients sadly depleted and a greater pest population to deal with.

Short cuts and quick and easy fixes should have told us by now that even if

they work (or appear to work) in the short term, they fail miserably over longer periods. Mao Tse-tung, the former leader of Communist China, also once tried a similar too-obvious fix-it scheme. He melded many small farms together to create large farms in order to increase food production, a process which he called 'The Great Leap Forward', and which later became known as 'Mao's Great Mistake'. During the implementation of this scheme he found that sparrows were eating a lot of the grain, thus reducing yields and profit margins. He decided to organise and send the entire Chinese population (over a billion people) on a sparrow hunt.

In the fields all over China peasants banged on drums and made lots of noise, not allowing the sparrows to land long enough to rest their bodies. Soon they began dying of exhaustion. The little bodies were scooped up in their millions to be taken away by

trucks and disposed of. The sparrow harvest was a total success, but now, with no natural predators, the insect population exploded and totally devastated the crops. What at first seemed a simple and cheap solution to the sparrow problem finally caused a major famine, resulting in the deaths of many thousands of Chinese.

Although most organic gardeners try to control insects that devour their plants, many hold the view that it is unrealistic to try and attain 100 percent freedom from insect attack. They believe it is normal to lose (or share) a small percentage of one's crop to insects. They suggest that the organic farmer should compensate by planting more, thus allowing for spoilage and insect damage. One well-known organic farmer suggested that there are more human deaths in the last 50 years resulting from chemical pesticides and fertilisers than those deaths caused by insect plagues in all of recorded history.

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THE DECK

by Donna Stebbings, Tannum Sands, Qld.

The following is a tale of recycling – of a house. My three children and I moved to Tannum in 1990 and lived in a small beach house owned by my family. The house had been built about 30 years prior to our occupancy and after years of renting was not in great shape, but it provided a home for us for sixteen months. My family then had a house built for us in front of the beach house, so the beach house progressed through stages of being a playhouse, a party house and a storage area.

Then I remarried – a handyman – what a blessing. The beach house was an eyesore, so it was decided to convert it to a deck. My handyman's family was handy too and had great ideas on the conversion. A goal was set – March 1998 – the middle son's eighteenth birthday. One nephew, a carpenter, offered his services for the struc-



The rainwater tank (above) takes advantage of the deck's roof area.

Preloved furniture (left) makes the deck a relaxing comfortable indoor/outdoor living area.

tural sections, so work began (this was February 1997).

Inner and outer walls were removed and then it sat, like a skeleton, until money was saved. Hubby and nephew then removed the unnecessary beams, leaving floor, roof and stabilised beams. The removed beams were all planed and recut for reuse as rails and crosspieces. The place was really taking shape. The nephew's work was now completed and he was thanked profusely.

Over the next few months, hubby repaired and rewalled the downstairs toilet, cyclone proofed, put in new stairs, concreted steps etc, etc. The work seemed endless. By Christmas 1997 the rails were oiled and painting started – one son and a mate pitched in and helped (I now believe in miracles).

It was decided to leave the floor until *after* the party, but, wonder of wonders, birthday boy decided he'd rather have money than a party, so by Easter the floor was done.

An old fridge was purchased and repainted, we added a cane suite, repainted an old plastic suite, recovered cushions and put an elasticised tablecloth on the plastic table. It was looking great. Then we heard of a kitchen set and bathroom basin going to the tip, so we offered to save them a trip. They are both now in place, as is the *pièce de résistance*, the rainwater tank, and it's full thanks to unseasonable rain. There's plants galore, breezes in summer, sun in winter; so if we don't answer the door, friends know we'll be on 'the deck' sharing smoko or lunch with the birds.



RAINFOREST SPECIES FOR REPLANTING

An extensive range of native rainforest fruit trees is now available for planting. Applications include commercial plantations, revegetation and conservation or edible landscaping. In particular, large quantities of small-leaf tamarind (*Diploglottis cambelli*) seedlings have become available. Indigenous to northern New South Wales, particularly the Tweed Basin, this species has been reduced to less than 100 known trees in the wild through grazing, deforestation and fire. They are the orange-fruited type, characterised by larger, free-falling fruit from a vigorous, hardy (sun and

drought tolerant) tree. These trees are now available in boxes of 80 – 150 per box at a cost of 25 cents/stem. Based on 20 years nursery, orchard, timber and new crop development experience, Larry Geno has established one of the few exclusively bushfood nurseries, specialising in rainforest species adapted to coastal eastern Australia. Larry established one of the first and largest bushfood plantations of 7000 trees in 1994 and gained much experience over five years of management. Contact Larry on 07-5478-8815 (ph and fax) for more information. A nursery list of thirteen species is available.

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PIGS IN NEED OF PRESERVATION

by Megg Miller, Euroa, Vic.

It's only a couple of years since Sue Matheson and Don Maling raised their first Large Black pig. The placid, cooperative nature of the little gilt surprised them and they have been champions of this rare British breed ever since. Perhaps it won't surprise you to learn that at present they have three sows with young, plus a couple of adult sows and boars.

Sue and Don live near Benalla, Victoria, in the foothills of Mt Samaria State Park. It's a picturesque spot and a far cry from their previous city-based lives where they facilitated people-based residential training courses for large corporations. They purchased the 230-acre property when they were ready for a lifestyle change, spending the first couple of years travelling up from Melbourne for weekends so they could get the infrastructure for their projects established. The property had a small weatherboard cottage, some old sheds and a neglected lemon grove. That it now bears little resemblance to the real estate purchased five years ago bears testimony to their energy and belief that life is about doing, not just what you've been.

LOTS MORE THAN JUST PIGS

Along with the pigs, which we'll get onto soon, is a diverse range of products at different stages of development. Several species of bushfoods were planted five years ago, after the property was chosen to run trials at a bushfood field day Don and Sue attended. That they already had a plastic poly tunnel and shadehouse assisted their selection. They're thrilled that some of the crop from the thirty lemon myrtle bushes has been used in mustard made by a local group. There are fifteen muntries that produce little pink edible fruit and two specialised wattle varieties, *Acacia victoriae* and *A. wirilda*, grown for their seed. The wattle seeds are used for flour, for making shortbread and for flavouring icecream, and one is excellent as fodder for livestock.

Two thousand olives are growing well and 12 hectares of blue gums have been planted for harvesting, the good



Don feeds the sow and litter. Pigs are enthusiastic eaters but this breed is quiet, hardy, and easy to manage on a smallholding.

specimens for sawn logs and the remainder for pulp. Sue considered herb growing initially and tried lavender, but it was continuously uprooted by hares and rabbits. Oil-producing roses proved more suitable. The Benalla district boasts great success with the *Rosa* genus, so after lengthy investigation and much discussion and help from a local nursery, several species of damask rose were trialled. An Australian damask was selected because of its prolific and recurrent flowering. Around 2500 bushes were propagated and planted. Petals are harvested at dawn during summer and while an amount of oil was separated and distilled last summer there are still difficulties to overcome.

Sue's love of roses prompted her to establish and display a 2000-strong collection of the genus, organised in family groups and starting with the earliest examples. Closer to the house are plots of cottage perennials, rambling berries and a cottage garden. A second garden with an array of vegies and herbs has been set up out in the farmyard. Numerous poultry sheds and yards have been erected and they all

have climbers for weather protection and shrubs or herbs to cheer the spirit.

What do they do with their bounty? Step into the spare room over summer and you'll find bunches of herbs or baskets of dried petals. Kitchen shelves groan under bottles of rose water, chutney, jam or marinated lemon slices. Overflowing buckets of eggs point to further abundance.

It was part of Don and Sue's vision for the farm to find an outlet for their produce. They've toyed with all sorts of ideas, so when a deli cafe came up in Benalla they saw the place as a logical extension to the on-farm production. It also solved the conundrum faced by most GR producers; the farm is set up well and cash crops are ready, but no one's rushing to the gate to buy. The deli is a perfect backdrop for their personal skills and farming output. Both are gregarious and enjoy the lively atmosphere of a cafe. They share an interest in food and cooking and enjoy being able to use gleanings from the garden and fruit trees and their eggs in dishes they serve. The deli makes life very hectic, but it complements their other activities in an immensely satisfying way.

TAKING ON LIVESTOCK

At present about 40 head of cattle run on the place, plus a wide variety of poultry. The livestock were put on hold until Don and Sue moved in permanently and they still bring them immense pleasure. An interest in rare breeds has determined the poultry collection that includes Dorking, Malay, Spanish, Croad Langshan and Welsummer. Toulouse geese wander the lemon grove and Brown Chinese share a paddock with flowering bulbs and guinea fowl. Over one hundred guineas – a flock double that is the aim – industriously keep the main growing areas free of grasshoppers during summer. Australorp fowl and Runner ducks supply most of the eggs used at the deli. Sue runs an incubator to breed replacement stock and usually has excess stock to sell.

PIGS – PROFIT AND PLEASURE

Now Sue is full time at the deli, Don has become the swineherd and derives immense pleasure from the time he spends with the pigs. Established oak trees growing near an old shed begged for the presence of pigs, so when the *Weekly Times* carried an advert for the original Large Black gilt Don and Sue acted swiftly. The spacious original pig yard has had to be redesigned to accommodate the sows and litters and a large paddock given over to the adult stock. The breed is unusual in that they graze rather than root up the soil. Their current grassed paddock looks far from a minefield.



Sue makes another cappuccino.



Large Blacks are active grazers, and can easily be kept in a suitably fenced paddock.

Large Blacks are docile and easy to manage. The black skin enables them to avoid the sunburn that afflicts white-skinned pigs. They're also easy on the fencing, but being both shrewd and clever Don takes no chances and runs an electric as well as a conventional mesh fence. The breed is characterised by lop ears that fall over the face, partly obscuring the eyes. Folds of fat increase around the face as animals age and these reduce sight as well. The limited vision adds to their docility, but there is little doubt their other senses have developed to compensate for this.

Surprisingly, they're very fecund. They have no trouble finding each other and successfully performing the mating ritual. Sows are top mothers, prolific milkers and very gentle with their young. There have been no signs of temperamental behavior among the feeding sows, but Don says he never forgets they are powerful animals. Piglets appear quieter and sweeter natured than those from commercial strains. This may be because the sows are so well endowed with milk that their young are not starved, or because life under the oak trees and Don's care is enjoyable and is reflected in their behaviour. Jacki Wyld, a friend from Benalla took a piglet home for a few days and found it intelligent, clean and manageable.

Don gives the adults a litre of feed daily, half wheat and half pig pellets; corn is offered intermittently but they prefer wheat. The guineas visit the pens and paddocks every day, scratching through the pig dung in

search of undigested grain. There is a marked absence of dung (and minimal odour) because it dries out and becomes powdery so quickly. Don swears they're better than dung beetles and that you can see the effectiveness of their scratching in the quality of the grass.

USING THE LARGE BLACK

The breed has become rare worldwide, an issue of concern to breeders and conservationists. It is essential to keep breeding the sows so replacement stock are available and the different pedigree lines can be maintained. The importance of this was brought home to Don when searching for an unrelated boar; close breeding becomes inevitable when the gene pool contracts.

Traditionally, the breed was a salami pig and stock are still eagerly sought by those who make their own sausages. Not only is the meat and fat tasty but it holds its texture. Use of the breed isn't restricted to salami, they can be finished and consumed like any other farm-raised pig.

Don and Sue feel strongly that the oak trees growing on their property reflect both the resilience and optimism of earlier owners. They also want to preserve the property for posterity, to leave their mark or create something future generations will want to acknowledge. Their dedication to breeding and conserving this gentle pig may be their legacy.

Don and Sue can be contacted at RMB 1687, Benalla 3673, or phone 03-5768-2225 or fax 03-5768-2526.

STATIONERY SET

by Sherryn Savage, Currambine, WA.

Picture this! The phone rings and you need to take down a message. Off you dash through the house in search of a pen. On your return you realise – oops no paper. Off you go once again, only to get back and discover the pen doesn't work. Sound all too familiar? If so, this could be your answer – homemade stationery set to keep by the phone. You can of course buy these items at the shops, but there is a bonus or two to making your own. Firstly, you can decorate them to suit your own decor (refer to the suggestions below). Secondly, it's a lot cheaper than buying them. Last but not least, they make beautiful gifts. Not to mention the personal satisfaction you gain from making something yourself.

DECORATING SUGGESTIONS

I chose to decorate my stationery set with gift wrap, however, there are numerous other finishing touches that can be used. Here are a few other ideas:

- cover in fabric
- glue on shells
- decorate using stencils
- cover with contact
- glue on buttons
- draw on your own design
- glue on glitter or sand
- paint
- use any combination

MATERIALS REQUIRED

- note pad
- cardboard
- toilet rolls (3)
- glue
- wrapping paper (or other choice of decoration)

TO MAKE UP

Memo Cube

Cut out a piece of cardboard 20 x 20 cm, then, using a pencil and ruler, mark out as in diagram 1. Fold along all dotted lines (folding against a ruler helps keep the fold straight). Cut where indicated by dotted lines in diagram 2. Now fold all sides inwards to form your cube and glue into place.



A decorated stationery set is easy to make for personal use or for a gift.

Diagram 1

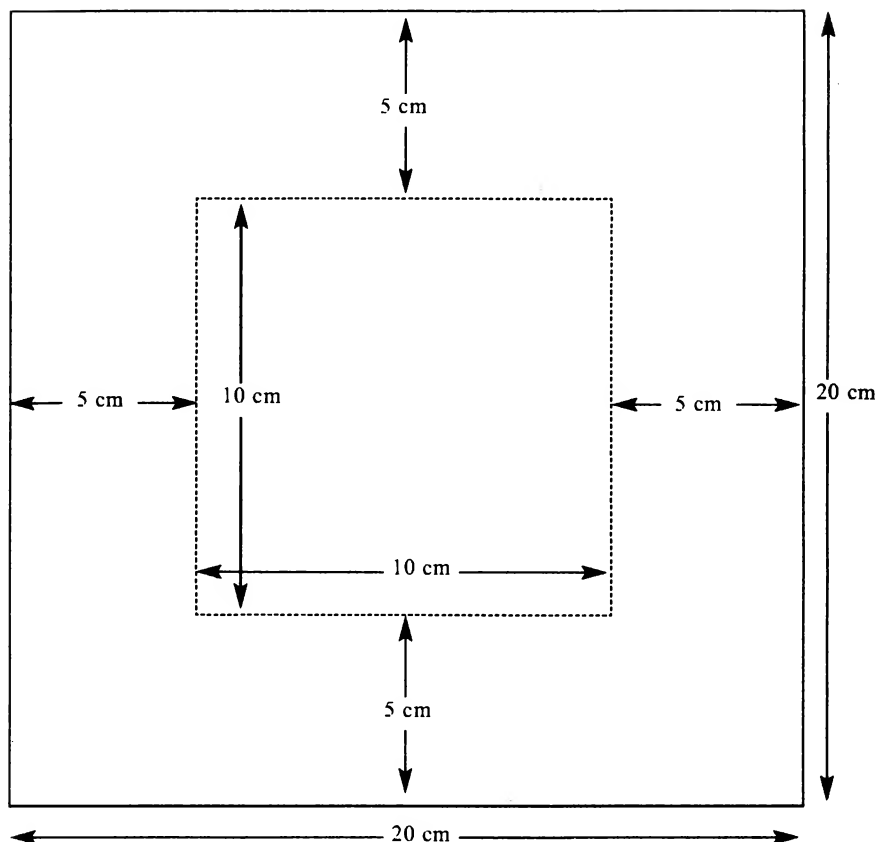
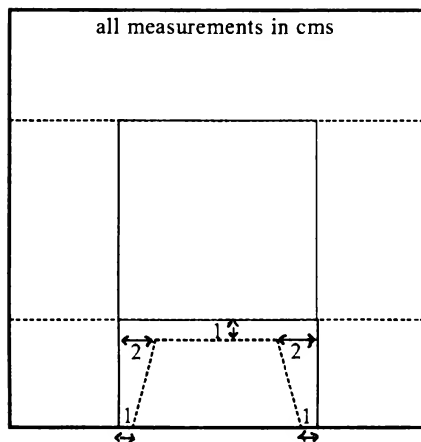


Diagram 2



Note Pad

Simply cover in your choice of decoration.

Pen Holder

Cut two of the three toilet rolls down to 5 cm and 7 cm lengths. Glue all three toilet rolls together ensuring that the base of each of them is even. Stand the rolls onto a piece of cardboard and trace around them to form base. Allow approximately 1 cm extra around the entire traced edge before cutting it out. Now glue the rolls onto the center of the base. Then cover in your choice of decoration.

Note: Depending on how you choose to decorate your stationery set, you may find it easier to decorate it before making it up. For example, if you decide to use gift wrap it is easier to cover the toilet rolls and base of the pen holder before gluing it together.



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them, translocate them through the plant, break them down, or use the root microbes that they culture to help break them down.' He found that 60 percent of this process is done by soil bacteria, so covering the soil with sterilised sand or blocking it off from the air in other ways reduces the plants' cleaning ability. His '10 Best' list is:

- lady palm (*Rhapis excelsa*)
- areca palm (*Chrysalidocarpus lutescens*)

- ficus alii (*Ficus macleilandii*)
- peace lily (*Spathiphyllum* sp.)
- goldon pothos AKA devil's ivy (*Epipremnum aureum*)
- arrowhead vine (*Syngonium podophyllum*)
- bamboo palm (*Chamaedorea seifritzii*)
- dwarf date palm (*Phoenix roebellii*)
- rubber plant (*Ficus robusta*)
- English ivy (*Hedera helix*)

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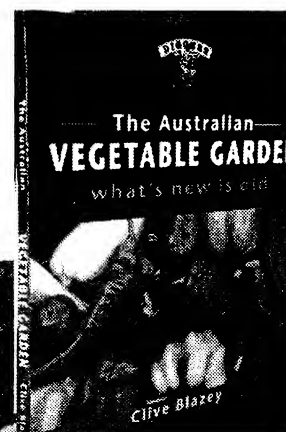
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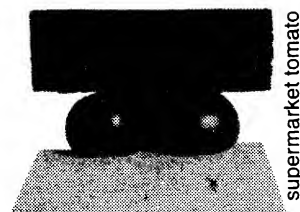
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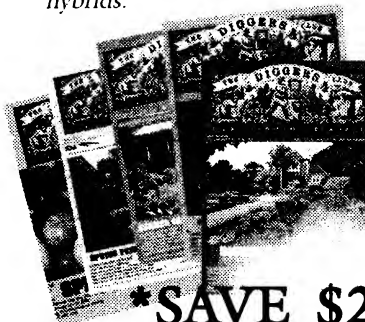
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MYSTERY AND MYSTIQUE

by Graham Roberts, Mt Riverview, NSW.

Being a supporter of the organic growing movement, I actively promote the recycling of household wastes by composting and earthworms. My advice is based more on my own experience than on unproven advice from others. My belief is that there is always a better way, however good something seems. A major problem when giving advice is that everyone is different in their lifestyles and in their perceptions of, and understanding and response to, that advice. A dusting of lime, for example, can mean anything from a few grams to a kilogram. If a little of something is good, a lot can be disastrous. It appears that my advice on two subjects does not fit happily with some people: first, items that should not be given to worms; and second, when lime can be used.

SUITABLE FOODS FOR WORMS

The choice of foods depends entirely on why you have worms. The worm breeder and seller is interested in producing the maximum mass of worms in the shortest time, with the lowest input of money, time and effort. The first food choices will probably be animal manures and vegetable wastes that are readily available, that do not cause problems with flies and smells, and that worms can be easily separated from.

The householder on the other hand, is interested in recycling the total output of wastes as and when they are generated, in whatever form they are (mostly troublesome materials), in whatever time it takes, and is willing to take precautions to overcome possible problems. Frequently heard advice is that worms cannot eat citrus, meat and onions. We have always placed these items in our home worm farm. A few words of warning come with that statement. First, the quantity of these materials is the normal output from cooking preparations and the residue from eating these things only, not the fallen

fruit from under the tree or large quantities of whole fruits past their best. Second, meat means mainly cooked scraps that are securely wrapped in newspaper to prevent the attentions of blowflies. Blowfly maggots are really bad news for a home worm farm – not sure why.

Larger quantities of meat and fish waste are best buried in the garden, especially in the warmer weather. Worms may not eat these items, but worms do not work alone. It is possible that many other living organisms move in first, but they always end up as worm casts. Our observations are similar to those of Charles Darwin, that worms are found in close contact with onions. Large masses of fruit juicing pulp are bad news, possibly because of fermentation and air exclusion. I suspect that large quantities of liquidised or finely chopped vegetable matter would be unsuitable for the same reason. I assume that the 'forbidden' materials create an acid condition quicker than the others so we add lime to counteract this. My philosophy is not to waste anything. I see no point at all in buying refined or processed worm foods to place in a waste recycling worm bin. Further research is required to find the best methods of handling cooking oils and liquid tea. Because a home worm farm is an ideal place for making frequent additions of messy things, it must be located as close to the kitchen door as possible, otherwise you will not gain the maximum benefit from it. Nothing beats your own experience, so find out what suits your lifestyle and ways of doing things.

LIME

My statement in GR 116 about not adding lime to animal manures has drawn a lot of interest. I am neither a chemist nor a formal student in agriculture/horticulture, so must rely on advice from learned writers. The farm



writers say quite clearly that adding lime to animal manures reduces the final fertiliser value of the materials, whereas some garden writers advise adding lime along with manures to compost heaps. Very confusing! I choose never to add lime to manures, whether in the worm bed or the compost heap. I add lime to our home worm farm and to finished compost if it is needed. Only calcium carbonate or dolomite should be used as pH modifiers near worms. Proposed research into the quality of worm casts should throw up some interesting results as to whether commercial cast producers should or should not add lime to animal manures.

Adding lime to fresh manure causes a chemical reaction that results in nitrogen being released into the atmosphere. – ed.

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BEEF CATTLE

Answers to commonly asked questions

by Ann Cliff, Hill End, Vic.

Beef animals can be a good addition to a small farm. With the right handling, they provide meat, manure and undemanding company, as well as keeping the grass down. You can keep a couple of young animals first, to see whether they go well before trying breeding.

The beef breeds of cattle are those which have not been selected in the past for milk production. Some of the breeds were used as draft oxen, some, such as the Shorthorn, were dual-purpose animals for both meat and milk.

Cattle for small acres need to have been handled a lot and be quiet and sociable. This depends on their history and on the strain within the breed, but some breeds are, in my opinion, more likely to be well behaved, mainly the old British breeds which have a history of centuries of handling behind them.

BREEDS SUITABLE FOR SMALL FARMING

Common Breeds

Hereford: white face and legs, red-brown body and quiet disposition. Many have horns which can be a nuisance, some are naturally polled (hornless). Originally from the county of Hereford, a rather damp corner of England. They like that kind of climate best.

Angus: a hardy Scottish breed, descended from the ancient Celtic cattle. Extremely good mothers and may be a bit ferocious when newly calved, but usually regard you as an equal. Will put up with the cold and wet, also with heat. Mainly black, but there are some red strains.

Murray Grey: beautiful silvery grey cattle, very friendly, the result of a cross between a White Shorthorn and Angus, now a breed in its own right. Prefer dry and mild conditions to cold wet winters. Can get too fat.

Rare Breeds

It would be interesting to keep a rare breed, although probably more expensive to buy breeding stock. You might



The versatility of Herefords and Poll Herefords is indicated in the statistic that shows they make up approximately a third of all purebred cattle registrations in Australia.

consider one of the following.

Highland Cattle: picture-postcard shaggy beasts with long horns, good for extremes of climate.

Welsh Black: ancient Celtic cattle from the wild west of Britain, still scarce but becoming more numerous in Australia now. They usually have sweeping horns, but hornless strains are now available.

Dexter: a miniature cattle breed, developed in Ireland as a smallholder's cow. Some people adore them, but I have found them to be slightly grumpy. They're cheap to keep and produce small cuts of meat with a good flavour.

QUESTIONS, QUESTIONS

No matter which breed you are inclined towards, there are many questions still to be answered. Following are some of the more common ones.

A Feasible Option

We have a three-acre paddock and plenty of water. Would beef cattle be a good option to keep the grass down?

If you can see cattle on grass in your area, it will probably be feasible. Beef production from grass works well where there is a good rainfall and the grass is green at least in spring and autumn. You'll need good fences, usually post and wire with three or four strands of wire.

Environment

What about their impact on the environment?

Overstocking of cattle or sheep can cause a desert, but where land has been cleared and has a good grass cover, they can be managed responsibly with minimum impact. Fence off areas of bush because they will browse the trees and trample the understorey, but you could

allow them to browse on fodder trees and make a 'stock haven' of shelter trees for shade. Pipe the water supply into a trough so that they don't trample the banks of your dam or creek, and never keep too many animals.

Other Animals

Will they mix with other animals?

Mixed grazing of cattle and sheep is often a good way to use the land and it's said that this helps to control the internal parasites of both species. Geese and other poultry could also be run on the paddock, but you would probably need to fence off the poultry house from the cattle. Quiet horses go well with cattle, but wild young horses sometimes chase them.

Starting

What's the cheapest way to start?

The cheapest way to start would be to buy two calves from a dairy farmer and rear them. Some dairy farmers use a beef bull on part of the herd. Although a pure-bred Friesian (the main dairy breed) would take a long time to make beef, a Friesian cross Angus or Murray Grey makes a nice beef animal. The calves are fed on milk or milk substitute for about two months, until they develop a rumen and can digest grass. Once they start to chew the cud, they can be gradually weaned off milk. A calf will need about five litres of milk a day, but this varies according to the size of the calf.

What's the easiest way to get into beef?

If you haven't the time to feed calves twice a day from a bucket or a bottle, you could spend more money and buy 'store' animals. I always suggest two because one would be lonely. Heifers are cheaper than steers and will

give you the option of breeding later. If you have enough money and plenty of grass, buy three! They are herd animals and like to live in a group. They could be dairy calves after weaning, or beef calves fed by their mother or another cow and weaned at nine or ten months.

Choosing

How do we know which ones to buy?

A lot of research will be necessary before you take the plunge. Talk to people with beef cattle and observe their stock carefully. Beef is a popular option for small producers in grass areas, so there might be a neighbour whose advice you can seek. Learn to recognise the main breeds and crosses and the appearance of healthy animals at various ages. Take an experienced person with you when you buy.

What's the difference between the breeds?

The quickest way to pick the right breed for your conditions is to see what colour cattle graze next door. Aberdeen Angus, usually black cattle (sometimes red) with no horns (polled), are popular in many areas. They are hardy and seem to tolerate heat and cold well. Herefords, the 'red' ones with white faces, like rather better pasture. Murray Greys don't like the cold winters of the south and will need a sheltered spot to winter in.

What about unusual breeds?

It can be fun to keep a rare or unusual breed, although it will be more expensive to start with. You could look at the Dexter, a very small breed which is enjoying a comeback, or the Highland, the long-coated and long-horned beasts from the nineteenth century oil paintings. Both breeds are

extremely hardy. With either of these breeds, the high cost of starting could be repaid eventually if you go in for breeding and sell the calves to other enthusiasts.

Basic Requirements

If we buy several cattle, how will we keep them happy?

Make sure there is plenty of grass feed; divide the paddock if possible to give them a change on to fresh grass. Check that there is sufficient shelter from hot sun and cold winter winds and rain. Big trees give shelter, and provide windbreaks if planted in the right places. If your paddock is bare, an open-fronted shed will provide shelter. It is wise to consult a vet as an adviser on cattle health and take any health precautions suggested. This is much better than waiting until something goes wrong.

Feeding

What about feeding?

Lay in a supply of hay for winter, or for summer drought. As a rough guide, adult cattle need about 10 kilograms of hay a day if they have no grass. If the season is good, you may be able to cut some of your grass for hay. Grass can be supplemented with grain or grain by-products such as malt comings, but this is too expensive as a rule. Feed them a little of this in a bucket as a treat, to keep them tame. You will have no difficulty in moving or handling them if they are used to following a feed bucket.

Ruminants need plenty of bulky food to keep their digestion working. The best food for cattle is grass.

Meat

How can we convert our beef cattle into meat?



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The on-site butcher, with a mobile coolroom, will come in to do the job for you and this is much more humane than carting off the cattle to a slaughterhouse. The butcher will prepare the meat for the freezer – and you *will* need an expert. It is very difficult to do this work yourself because you need to get the temperature of the meat down quickly, otherwise there will be off flavours.

What if we can't bear to eat our cattle?

There are several options. You are not allowed to sell home-killed meat, but you could sell the cattle to a butcher, or to another farmer to 'finish' into beef. If they are heifers, you could either sell them for breeding or go in for breeding yourselves. This would be the best option if they were, say, Dexters or some expensive breed. The heifers could run with a neighbour's beef bull and produce calves in nine months time.

Profit

What sort of profit margin can we expect?

This is in the lap of the gods! It is very hard to predict because your profit will be the difference between the cost of buying and keeping the animals and the price you get when you sell them. Some years you could lose money, if the price of the young cattle you bought was high and beef prices fall because of a widespread drought. To find out current prices, keep an eye on the graphs in the *Weekly Times* (or your state's farming press). If you have plenty of grass, it might be possible to hold on to your beef until the price improves. If you are using the beef yourselves, the profit will be what you save in meat bills, which will be greater when beef prices are high. But – like most kinds of farming – it's a gamble.

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GR has published many articles about cattle in previous issues. The *Grass Roots Livestock Index* (covers issues 1 – 100) lists many cattle articles, including different breeds and health issues. Available for \$6.50, including postage. See p82 for ordering details.

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THE QUEST FOR EXOTIC FRUIT

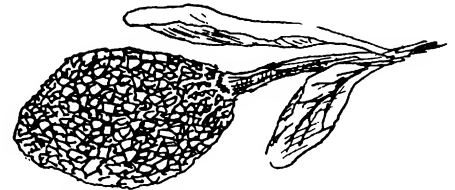
by Staci Rae, Kinka Beach, Qld.

Our orchard includes a variety of unusual fruit trees that we have collected over the years. Each represents a history of discovery and our search has led to many adventures. Some trees have come and gone while others linger on, but a favourite would have to be the acerola. As soon as we read that this fruit was up to 50 times richer in vitamin C than an orange we couldn't wait to get a tree into the ground and start producing.

We watched closely as it burst into flower. The fruit didn't set but we didn't panic, it was a start, the tree was still very young. The second time we became more disturbed. It was time to start asking other exotic fruit growers for tips. Suggestions were: potash around the roots – the amount of ash we spread around looked like a bush-fire had passed through; lots of water – it started to look like a marshland around the base of the tree. Thank goodness, something worked. It was a joy to go out and see the fruit hanging resplendent from the branches, lovely round green berries. Each morning we would rush out to see how many more berries had formed. The fruit only takes four weeks to ripen so we waited patiently for the big day.

Then it happened – a storm. In winds of up to 110 kilometres per hour it was inevitable there would be some damage, but did it have to be the branches of the acerola with the fruit on that suffered? While we still had flowers we still had hope. The big day at last arrived, our first fruit – the size of a cherry – shared between us. It's very acidic, but not unpleasant, and we look forward to many more.

Our love affair with the jak fruit had a shaky start many years ago. Exotic fruit was still virtually unknown to the Australian palate when our Thai friend brought us half a fruit to try. It sat in the fridge for several days emitting its distinctive aroma – anyone who knows anything about jak fruit knows



what I'm talking about, and to those who don't I will just say it's not the most appetising smell. As it aged the aroma became more pungent. Finally, we willed ourselves to taste it. It tasted much better than it smelt, quite a pleasant flavour in fact. We were hooked.

Then began the quest to find our own tree. It took several years and much searching until we managed to find two trees while holidaying in Cairns. They wouldn't fit in the boot so shared the rear of the car with our two daughters who decided to call them Jak and Jill. They were soon residing in their new home in our orchard. The girls spoke to them every day as they walked past on their way to school, giving them a pep talk on growth and fruiting.

A year later one of these by then large and tall trees produced its first bud, followed some time later by the birth of a 2.25 kilogram baby fruit. As time went on they proved to be aptly named, Jill produced many more large quality fruit while Jak watched on.

Our quest for other exotic varieties goes on. While ever there's space in our orchard we'll be on the lookout for something new to fill it.



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RECYCLING RUNS RIOT

Fence Palings

by Roberino, Arrawarra Beach, NSW.

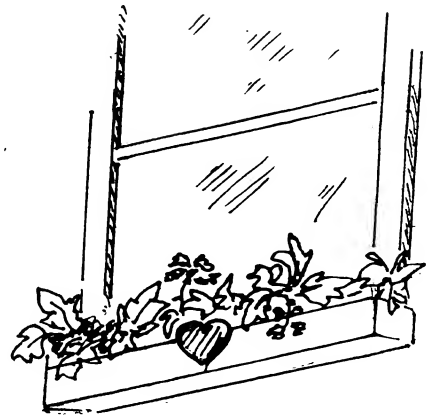
Millions of old hardwood fence palings are removed and burnt every year. Why? They are a very handy resource and have taken their fair share of fossil fuel to make and transport to cities and towns where they are most used. So it's crazy to just waste them. Many useful items can be made from them and things done with them, for free. City-based cottage industries could put them to good use.

The main thing to bear in mind when using old hardwood is to drill it before you nail or screw it because it is hard and nails will bend if you don't predrill. In fact, that's the reason that many good fences have been replaced, as people try to fix loose palings and don't predrill, lose patience and ring the fence man for a new fence. 'Well, the next door neighbours have to pay half don't they. And they wouldn't like my Rottweilers biting their ankles now would they?' Palings are about 1½ metres long, 100 millimetres wide and 12 to 18 millimetres thick, with cost depending on who you talk to. Buyer beware, and ring around!

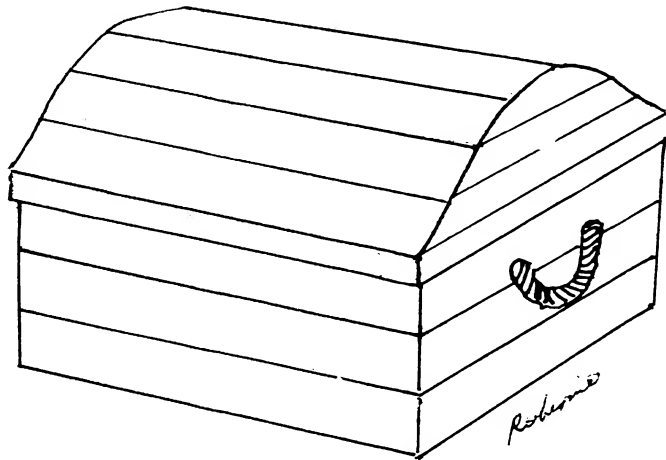
The uses are so varied I'll only name a few, but if you're building a fence you should consider them: picture frames, storage boxes and chests; I've even seen a very nice 'country kitchen' with panelled doors and a kitchen dresser using them. Just about

any piece of furniture, or outdoor object where you can make use of that size timber – window flower boxes for instance.

The faded silver-grey colour has a charm all its own and blends with country houses and landscapes, whereas the glitzy shiny fake gold-plated die-cast 'city-look' soon corrodes, rusts, and the plastic fades and cracks or breaks and exposes itself as the garbage it soon becomes. The solid timber will still be there for the grandchildren. Save those nice old palings, store them in a dry place and if you can't use them yourself take them to a recycling shop for others who can.

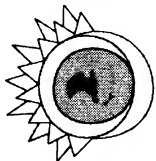


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HOME RENOVATIONS FOR THE OLDER PERSON

by Susan Hands, Innisfail, Qld.

My parents have reached their older years. They are both eighty and still going strong. Only, no matter how you might try and avoid the facts, they are not as strong nor as agile as they used to be. As members of a very independent generation – in some areas the pioneering generation – my parents have the desire to stay in their own home, living their own independent lifestyle, for as long as they are physically and mentally able. This has made us, the children of that generation, take a long and hard look at the kinds of modifications that can be made to the average house to make it more older person friendly.

The first problem we, as a family, attacked in our parents' household was that of the bathroom and toilet. The toilet did not present any major problem for we only needed to install a grabrail.

The bathroom, however, required more of a makeover. There had to be unencumbered access to the shower, for father (in common with a number of older people) could not lift his feet more than a couple of centimetres. Also screens and/or curtains had to be removed so that the shower user did not grab either the curtain or the screen for support. Grabrails had to be installed from the doorway of the bathroom to the inside of the shower recess. Nonslip tiles were installed, along with a slight dipping of the centre of the shower floor to allow the water to run towards the centre of the shower recess and away from the now-coverless doorway. Once all of this was completed the whole of that area became a lot more user-friendly.

The front entrance of their house presented the next problem. The steps would have to be formed up into a ramp, or, if possible, a ramp be installed alongside the steps. After some discussion on the pros and cons of building a longer landing, we settled on building up the steps into a ramp



The ramp (above) not only solves the practical problem of access for older residents, it is also a favourite play area for the great grandchildren.

Right: The shower lip and curtain had to be eliminated and a grabrail installed. Nonslip tiles were also essential.



which would give everybody easy access. A handrail was erected on the side of the ramp. The great grandchildren love the ramp and use it constantly as a track for their toy cars.

Whereas we did all the physical work required in the modifying of our parents' house, we had the grabrails and handrails made up at an engineering works for we wanted them to meet the Building Code of Australia Standard specifications. This is not compulsory in a private residence, but our aim was to make our parents safer. For those interested I have enclosed these specifications.

- Grabrails shall be no less than 30 millimetres and not more than 40 millimetres outside diameter, or they shall have sectional shape within the limits of 30 millimetre to 40 millimetre diameter.

- Exposed edges and corners of grabrails shall have a radius of not less than 5 millimetres.

- The fastenings and the materials and construction of grabrails shall be able to withstand a force of 1100 N*, applied at any position and in any direction, without showing any visible signs of deformation or loosening of the fastenings.

- The cross section of handrails shall be circular, no less than 30 millimetres nor more than 50 millimetres diameter for not less than 270 degrees around the uppermost surface.

- Exposed edges and corners of handrails shall have a radius of not less than 5 millimetres.

The BCA Standard also gives exact measurements for the installation of grabrails and handrails, and for the gradient and width of any ramps.

* N = newton, a measurement of force.

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LIVING WITH KIKUYU

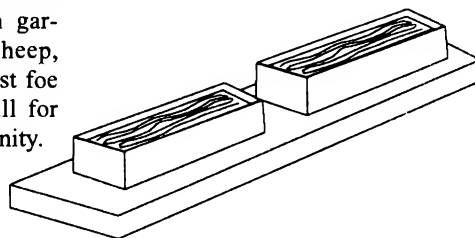
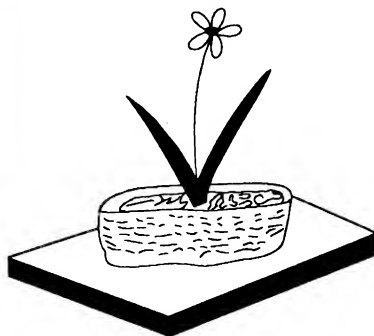
by John Tucker, Capel, WA.

As a farmer of 50 years I have come up against many problems with gardening; these include pigs, sheep, chooks and cattle, but my greatest foe has been kikuyu, as it has a will for survival to rival that of humanity.

When the land around our area was first settled it was very barren and sandy, so, as they soon found out, kikuyu was the only plant that would survive our harsh summers. It was in such demand that the farmers paid ten shillings a cutting to get it started. I wonder what they would say if they could see it today.

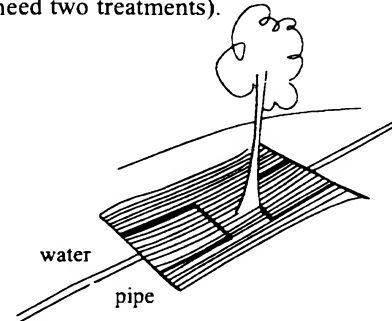
There are so many people around the country who want to be self-sufficient and grow their own fruit and vegies, but kikuyu has a very reliable habit of preventing those dreams from becoming a reality. You can mulch as much as you like, but that only makes the 'kike' grow better. Roundup will certainly control it, but then the property is no longer organic. Here's what I did to be able to live with it a bit more easily. I will describe three methods that I have found to be effective in preventing it from demoralising the gardener.

If the aim is to grow flowers around the house, next to the wall, then a strip of concrete needs to be put down and a flower box built on it. This should have drainage holes put at the bottom of the box on the front side so that an eye can be kept on it to see that no kikuyu sneaks into the flower box. An alternative to this is to purchase some rectangular flower boxes and just place them on the slab. This may seem a bit expensive, but believe me it is well worth it.



The second method is good for the vegie garden and consists of putting down 60-centimetre paving slabs. Place an ordinary car tyre on the slab. The top side of the tyre should be cut out so as to leave a nice round edge on the top of the tyre, then fill with whatever soil mix you need and put your plants into it.

Kikuyu does not like old sump oil from a car engine, so get a small watering can and pour some oil around the edges of the slab and that will stop it from growing up onto the slab (may need two treatments).



The third method I have devised is for fruit trees. It consists of two sheets of corrugated iron (without holes in) about 1.2 metres long, placed either side of the tree. The water pipe is placed down the centre between the two sheets and a dripper of your choice put either side of the tree. After the water has been organised, you then cut two pieces of the same type of iron and fill in the gaps around the tree, these can be removed at any time to check on the drippers. The smaller sheets may have to have a weight on them to keep each sheet tight on the one below.

These few methods have helped a lot in my battle with kikuyu, I hope they will help someone else as well.



PROBLEMS? NO SOLUTIONS!

by Jill Finnane, Lewisham, NSW.

My early efforts at gardening some twenty years ago convinced me that it wasn't possible to enjoy producing food. Despite digging till my back ached and applying artificial fertiliser to the soil, my first vegetables were tiny, dry and unappetising. When I started using organic methods I was pleased with the tasty vegetables and with being kind to the environment, but my methods were time consuming and hard work. Then I heard Bill Mollison and his funny new word, permaculture.

Mollison's ideas challenged me when I heard snatches of an ABC interview with him in the late 1970s. As I washed the dishes and my children chattered around me, I was fascinated by the possibilities he described. He uprooted the rules and conventions that I associated with gardening. In their place he promised abundance in unlikely places. He claimed that what we could produce in the cities was limited only by our imaginations. Soon, Mollison's words had me strolling in fantasy past city buildings with vines rambling down the outside office workers enjoying the natural beauty, the shade and the fruit. Inspired, I then began to imagine local youths employed to harvest fruit trees growing along the footpaths. But I wondered if anything would ever come of this new way of looking at food production.

As my children grew older I found time to read about permaculture and gradually started to experiment in the backyard. What enticed me more than anything else to move beyond fantasising was discovering strategies based on the permaculture principle: 'minimum effort for maximum yield'.

And so fruit trees and herbs, perennial vines and vegetables gradually found their place in the yard. I became an expert on every possible way of constructing no-dig gardens. Different combinations made up each plot as layers of newspapers, worn carpets and underfelt, old clothes, weeds, straw, hay, manure, leaves, grass clippings, lime, blood and bone, compost, and even seaweed, created vegetable gardens that didn't need digging. The children thought it was amazing, if a little weird, though they did complain when I also became an expert on every possible way of serving banana passionfruit. Articles in permaculture magazines told me there were more design ideas to cut back on work and I looked forward to learning about them.

During this time we lived in Sydney's south-west. We had a large yard, about the size of two average blocks joined end to end. It rose slightly down the back, but in the middle it was quite low-lying and formed a natural watercourse when it rained. We shared the yard with our four children

and their friends, and with up to 35 guinea pigs, a bluetongue lizard and anything from five to twenty chooks. The most important purposes of the yard were to provide a cricket pitch, a place to build flying foxes, a tree house, a sand pit, an obstacle course for bike riders, an outdoor theatre and the hole being dug to China.

Such a yard provided plenty of scope for applying the principle: 'turn problems into solutions'. Turning my husband's moonscaped chookyard into a solution was easy. We developed a system that rotated four chookyards with vegetable beds so that the chooks became an efficient tractor unit. They dug up the grass and weeds, dropped their manure and scratched around in the straw. Then, while resting from chooks, the yard took its turn to produce corn and beans or pumpkin and potatoes.

In 1988 I attended my first permaculture course. Inspired by Rosemary Morrow's teaching, I was brimming with new plans. However, I was still stuck when it came to the problem of the boggy patch in the middle of the backyard. Rosemary listened patiently while I moaned about it and then said, 'Ok, go with it. It's low-lying - make it deeper. Dig out the part near the fence into a swale or wet weather pond and plant things there that like swampy conditions.'

It was simple and it worked. I found eager helpers to wield the mattock. My ten-year-old son secretly got himself out of bed at 5am that Mother's Day. Several hours later and somewhat muddy, he blindfolded me and led me out the back. A sign read: 'Mum's pond - no fishing'. Beneath the sign the pond was deeper and longer and shaped into a small meandering creek.

Not long afterwards it rained heavily. Our new creek attracted frogs and soon the animal population of the yard increased by several hundred tadpoles. The children not only had an adventure playground, they had their own backyard jungle.

The problem of the bog was nothing to the problem of creating new gardens out of an adventure backyard and cricket pitch. Again, the answer was simple. Design one big long garden around the outside of the yard. Make the inside edges wave-shaped and flexible in outline, able to imperceptibly extend inwards. There was an added bonus to this design, no fiddly lawn mowing around garden plots. Released from the idea of gardens needing to be rectangular or separate, I began to see just how many of my garden ideas, and

my notions of what constituted problems, were based on conventional views about garden design.

There are many other common-sense principles that shape the permaculture approach. One principle is: 'work with nature rather than against it'. It draws its wisdom from ecology and sees food production as a cultivated ecology. Another principle: 'place things so they can perform many functions', has much in common with traditional approaches to food production. Planting fruit trees in a chookyard is a simple example. Designing a wind-break so that it provides nuts, timber and a wildlife refuge is another. The principle: 'use everything to its maximum capacity', suggests practical ways for conserving and recycling things. In a country such as Australia, permaculture strategies to harness water offer insurance against drought for gardeners in the city and farmers in rural regions. It is because principles such as these can contribute to sustainability at local, regional and global levels that I now want to tell people about permaculture.

Nevertheless, I cannot forget that my initial attraction was in the easy

answers suggested by the principles 'minimum effort for maximum yield' and 'turning problems into solutions'. Applying them did make gardening easier, but more than that, it changed my way of thinking and of using my imagination. It was the gradual prising open of my mind to entertain new possibilities that freed me to see the potential of all the other permaculture principles. I can't always turn a problem into a solution with the creativity of Rosemary Morrow or Bill Mollison, but looking at a problem from every possible perspective and teasing out ideas about it gives me a range of approaches other than the immediately obvious ones. And I still delight in learning new strategies that mean less work.

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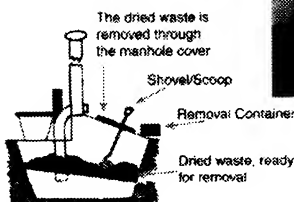
AGE AND DIET

Health Psychology reports that a study by Adam Drewnowski of the University of Michigan found that as women grow older their food taste preferences change and that this often leads to a more healthy intake of bitter vegetables, whole grains and sour fruits. The study concluded that age is the best predictor of a healthy diet.

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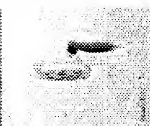
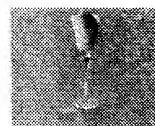
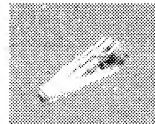
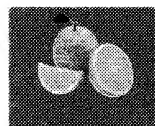


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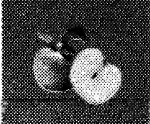
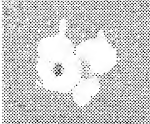
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THE GIANT CARROT CHALLENGE

by Wendy Stayner, Skye, Vic.

Growing a giant carrot can be an intriguing, if rather slow, exercise in the vegetable patch. To grow a giant carrot, you first decide if it is to be a giant in terms of weight or in the terms of length, as both options require different growing techniques.

Starting off is one of the most critical phases in growing large carrots. The variety I use is the Flakkee Long Red (seeds available from Atlantic Seeds, PO Box 8210, Carrum Downs 3201). The most successful way I have found to germinate carrot seed is to place some damp paper towelling in a margarine container or similar. Sprinkle the seeds on the top, cover with some plastic wrap and secure an elastic band over the top to make an airtight humid container and then place in a warm sunny position. You need to keep the paper damp. The carrots germinate very successfully within 10 – 14 days. After germination, seedlings must be carefully transplanted into their growing position, or into pots. I have great success germinating carrots and transplanting them in this way.

LONG CARROT

To grow a 'long' carrot, you need a six-metre length of 100 millimetre plastic pipe cut down the middle to allow easy access (about four centimetres wide). Next tie a hessian bag or shade cloth over the bottom, to allow easy access at the end of the growing season and strong enough to keep all the dirt in whilst the carrot is growing. Secure the pipe to a high fence or wall, on a 30 – 35 degree angle. The pipe will need to be supported down the length, as the weight of the pipe, dirt and carrot could make the pipe collapse and damage the growing carrot.

Fill the pipe up with good soil, sandy in texture if possible, and refill after watering. Place the germinated seed in the top, water and fertilise regularly. Your carrot should grow down the pipe throughout the season. A long carrot can take up to 40 weeks to grow to its potential.

Once the carrot has reached the end



Not the prettiest carrots you've ever seen, or the easiest to peel, these giant carrots are grown for the challenge of achieving a record weight.

of its growing period, you should remove the hessian or shade cloth and very gently wash the dirt away. After this has been done, you should carefully remove the carrot. Roots are included when measuring (for competition purposes), so care must be taken not to damage roots or the actual carrot.

HEAVY CARROT

To grow a heavy carrot, you once again need good soil, with a sandy texture if possible. After you have planted the seeds and watched them germinate, allow them to grow to a reasonable size, approximately 10 centimetres, and then select the best and strongest-growing seedling. Remove and gently wash excess dirt from the roots, cut the bottom off the roots about 2.5 centimetres to 3 centimetres from the end.

By cutting off the roots, the carrot is forced to grow more roots, thus generating more food sources. Giant carrot competitions do not need the best looking carrot, they can be as ugly and have as many roots on the carrot as possible. Weight is the essential ingredient to make it into the *Guinness Book of Records* for the heaviest carrot. Contrary to normal rules of carrot growing, when growing a giant carrot the use of liquid fertiliser (natural or one bought retail) weekly is recommended. Beauty is not the key factor, weight is, and the liquid fertiliser should help this cause. One carrot, which we harvested early, weighed 1.7 kilograms.

If any readers try these methods, we'd love to hear about the results and see photos. – ed.

Alternative Education

Home Schooling

By Juliana Doupe, Whitfield, Qld.

Home schooling is undertaken for many reasons and by many methods. Here is a little gathering of information to get you started.

LEGALITY

Home schooling is illegal unless approved by the Department of Education for your state/territory. One way to do this is to use the Distance Education (see GR 140) setup. You *may not* use Distance Education if you live near a school, or school transport, unless you're a registered teacher. You may even create your own curriculum if you're a registered teacher.

If you use Distance Education by choice, not circumstance, in Queensland, at least, there is a \$1000 annual fee. There are also some religious organisations that have schooling courses available legally.

In the book *Home Schooling For Excellence*, by David and Micki Colfax (Warner Books 1988), to avoid any legal difficulties, they registered their home as a private school and proceeded that way. Their three sons were never enrolled in the local school and there was never any opposition. This was in California though – our authorities may not be so relaxed.

UNDERGROUND

The Education Queensland home schooling information booklet reads like a lesson in legalese. The rules and laws are long and complex. Many would like to give them away, along with the sanctioned schools. There is a network which is probably best accessed by word of mouth. Ask, and someone will know someone who's involved.

Some people never sign their kids up for school, teach as they think fit, travel. Some will do their utmost for their child to receive a proper education at home. Many will be in the middle. I invite readers who are involved in home schooling to share their experiences. My children are four and one,



Duncan, four years old in this photo, was not yet at school but happily embarked on the road to learning in a relaxed supportive home environment.

and are yet to enter the world (and a good one it is) of formal education, but I believe it is at home we begin to love learning.

For more on home schooling see GRs 131,74 & 59.

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MUDDLING ALONG

FURTHER DEVELOPMENTS

by Chris Wilson, Alice Springs, NT.

Last time I told readers about my interest in earth building and described my early attempts at building rammed earth walls between the piers of an existing structure. This experience only fired my enthusiasm to find out what else I could do with mud.

NEW IDEAS

Another task which was started about four years ago was to excavate the slope at the rear of the house to create a level living area immediately at the back of the house. This involved removing a large amount of soil and clay, and also created a problem with the disposal of that waste material.

We were fortunate in living on a hillside that is composed mainly of clay that is mined by a Hobart brickworks just down the road. As I had a lot of this clay now to offer I rang the brick company, hoping to make a small profit and at the very least to reduce my costs in disposing of this large pile of material. A very interesting elderly gentleman from the brick company visited one day and was delighted with the colour and quality of the clay I had to offer, but unfortunately it was unmarketable. He explained how the top layers of clay banks were the most colourful as they contained oxides and other minerals that leached down from the topsoil layer, but how the brick market preferred the blander colours of pinks and whites that were found in deeper layers. He commiserated with my problem and explained how he had once used the more colourful surface layers to make a batch of bricks that did not sell, and eventually had to be scrapped. The unfortunate result of this is that the brick company is forced to increase costs by disposing of the colourful overburden, and by digging deeper holes than would otherwise be necessary. On the other hand, if you are in the market for good quality, colourful clay, see your local brick company.

Being unable to dispose of the clay spurred me on to use mud wall construction to landscape this area. Removing the clay at the back of the house left a level area, but also left a problem in the form of a clay wall that had to be stabilised. Again, this seemed to be an opportunity for mud-walling. I first built steps out of used railway sleepers and second-hand bricks, then left for a period of three months working in the Northern Territory.

During this time I hired a landscape gardening firm to keep up the mud-walling around the steps. They used a bobcat to mix the mud and used plywood forms to incorporate curved walls into the design. This process worked relatively well, but for some reason that I am not sure of the mud took quite some time to set, in fact some parts of the walls were still soft when I returned months later. I think this was probably due to an inadequate

ratio of cement to mud. These walls were problematical and developed large cracks and had to have extensive repairs. Fortunately, this process proved to be remarkably easy and simply involved digging out the cracks and any unsound, soft mud and replacing it with a sound mix.

It was during this repair process that I realised that formwork was completely unnecessary. The repair process involved slopping a good mud and cement mix into the gaping holes left by my surgery and floating a true surface into the wall using a steel concrete float. A reasonably solid mix was used and the mud dried without any problems, leaving an intact curved vertical wall.

MUDPUDDLING WAS BORN

Freeform Mudpuddle Garden Walls

The landscape gardener left the wall to be finished by me and I set about the process of resolving the problem of fin-



Brick and sleeper steps bounded by mud walls of poured earth into flexible curved forms. Mud set poorly and had to have extensive repairs, which led to technique of formless earth wall constructions. Fresh layer can be seen drying on extreme right of earth wall.

ishing off the back wall, which in places was two metres high. There were several technical problems to be solved. I had talked to many people about retaining walls and was aware of the forces involved, and that to combat slow creep these walls had to be able to resist considerable pressures over time, as well as the seasonal differences in soil humidity.

Drainage was absolutely crucial, and using a curve applied the eggshell effect. This phenomenon is seen in dam walls (and eggshells) which, by using a curve, obtain a much greater strength than is possible from the material alone. By being able to construct a mud wall in a curve, and by reinforcing it with steel, a sophisticated project like that in front of me might just be able to be done with simple and cheap materials. Another trick was to incorporate a terrace design so each wall would have less height and therefore less force to contend with. I thought the risk of failure worth the experiment, if it failed it could be dug up and wheelbarrowed away.

I did spend quite some time digging extensive drains each side of each wall so that there would not be any build-up of hydrostatic pressure, and each wall this time was built on a properly constructed foundation built of reinforced concrete. The bases of all walls were perforated by drip holes of flattened polypipe to aid drainage from behind the walls.

The mud walls were built on top of the curved foundations with the same recipe as before (see GR140). Forms were dispensed with and the mix was shovelled onto the top of the existing wall in 100 – 150 millimetre layers. The vertical surfaces were floated smooth and vertical then allowed to



Extensive mudpuddled freeform earth wall construction. Terraced retaining walls incorporating earth oven/barbecue/spit roast. Note drying layer of fresh mudpuddling on top of far wall.

set. It would take 1 – 2 hours for the mud to set hard enough to allow another layer, so work could be continuous if there was enough wall length. It was crucial to keep the facing edge vertical and any shape could be followed. As this was a retaining wall, I incorporated a lot of trench mesh laid horizontally about every 200 – 300 millimetres, as well as vertical bars that were embedded in the concrete foundation.

Disadvantages and More Applications

Retaining walls are not the ideal structure for mudpuddle walls. This effort was born out of necessity and curiosity. They are untested and unproven in their strength, and their weathering abilities are inferior to concrete which is obviously much stronger and more durable (and about five times more expensive per square metre of wall area). I intend to screed a layer of cement plaster over these walls to make them more weatherproof.

Simple garden walls are easily built and have the advantage of being nontoxic. The Community Healing Garden at Alonnah on Bruny Island off south-east Tasmania has circular mudpuddle walls as its focus, as well as providing cheap and effective raised garden beds to dis-

play medicinal and culinary herbs.

House walls are a much better application for the reasons stated in my previous article (GR140). Building regulations prohibit earth walls being load-bearing structures in Australia, but this is no major problem and the load-bearing structure can be a frame built of timber, concrete or steel, with the earth walls providing infill between the structure.

Mudpuddling with its freeform abilities could revolutionise house design and allow all sorts of shapes. Combined with passive solar principles, future developments could be very exciting. Weatherproofing is not really a problem in house design as adequate eaves, or preferably verandahs, easily protect the walls, as well as provide other benefits.

My aim now is to build a house using this technique, utilising this freeform capability and the passive solar technology. I have worked in the area of indigenous health for a few years now and my hope is to be able to incorporate these ideas into a practical and cost-effective solution to housing in these communities to help address some of the critical health issues that exist in indigenous communities throughout Australia. Any ideas or suggestions would be gratefully received.



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FROM KIKUYU TO EARLY TOMATOES

by Lorna Freegard, Albany, WA.

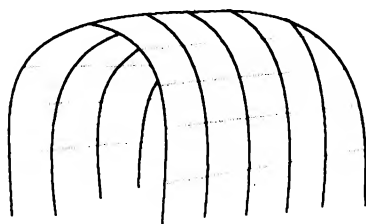
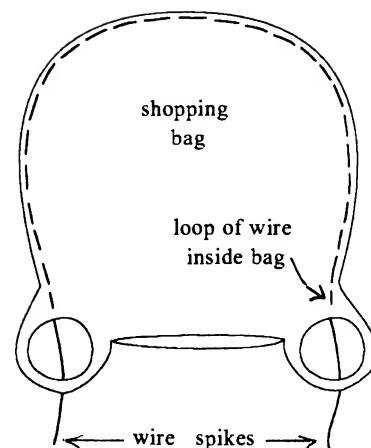
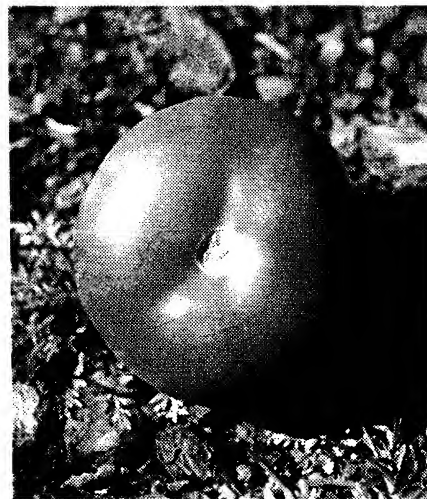
Do you view your lawn as something of great beauty, to be watered and fed, manicured and admired? If you are anything like me, the answer is no. Our lawn is kikuyu, the grass you cannot kill, even if you neglect it, never water it, drive and walk on it. It holds our white sand together in summer and reduces dust, but best of all, it gives me early tomatoes! What? I hear you exclaim, early tomatoes from a kikuyu lawn. Read on.

Around early September, I let my lawn get fairly lush and long. The idea is that when I cut it I will get a big pile of clippings that I can make into a mound about 2 m x 1 m x 1 m. In September the clippings are lush and green, mixed with a bit of clover, and full of nitrogen. When I heap them up into my pile, they get hot. Along the top of this pile I put a line of upside down seed trays, to act as a buffer against the intense heat treated by the clippings. On top of these trays I put seed trays that I have planted up with my 13 varieties of heritage tomatoes. I have made some cloches out of fence netting. Cut enough ringlock or hinge-joint netting from old fencing, or off-cuts, to form an arc over your seed trays, allowing enough room for plant growth. Leave spikes on the ends to push down into the clippings. Now, cut open some old fertiliser bags and cover the netting. Secure with freezer bag ties or ring fasteners used in fencing. If you don't have fertiliser bags, many furniture or bedding shops throw away large sheets of clear plastic that their stock is wrapped in for delivery – they

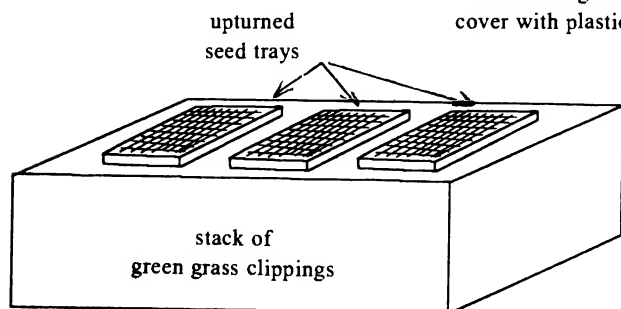
are strong and ideal. Scrounge some of them. Cover the seed trays with the these cloches, pushing the spikes down into the grass clippings. For extra security against wind, cut a length of plain wire, bend into an arch and use it to secure the cloche by going over the top and deep down into the clippings.

The last thing to do is to cut another length of plain wire, bend into an arch, the same as the hole in the end of the cloche, with extra length to push down into the clippings. Thread this loop through the handles of a supermarket shopping bag and up into the bag to spread it out flat and use to block the ends of the cloche off. On hotter days, push the bag up the wire to aid ventilation so your tunnel does not overheat.

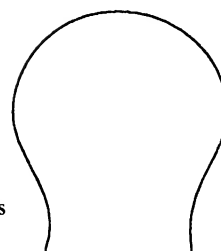
You now have a microclimate similar to that of a heated greenhouse. It is called a hotbed. The good thing is that the seedlings germinate when the heat from the clippings is greatest. After a couple of weeks the heat starts to subside, gradually hardening off the seedlings. Eventually, you can remove the cloche ends, then, to completely harden off, remove trays from the cloche during the day, returning them at night. I can have tomatoes on Christmas day by doing this, which is quite something down here.



wire netting bent over to form an arch
cover with plastic from old fertiliser bags



push spikes into grass clippings



slide a hoop of wire like this into a supermarket bag to block off ends of tunnel

PROPAGATING HERCULES

by Susan Hands, Innisfail, Qld.

I opened the door one morning and there hanging on the insect screen directly in front of my eyes was a hercules moth. I quickly called the other family members to come to look.

On a size-wise scale, the hercules moth is to the rest of mothdom what an emu is to the birds of flight. If it wasn't for the basic mothness of the creature you'd think it was another species altogether. Boy are they large. On the same size-wise ratio Hercules-the-man would have stood 18 metres tall.

This particular moth could have covered my face with the flap of her wings, if she had the energy. Only she stayed quietly hanging onto the screen, her abdomen so swollen with eggs it was obviously too much of an effort to move.

'Poor old dear,' I said, tossing a look between the moth and my husband. 'It's such a responsibility being a female, carrying the load of the whole of your kind, so to speak.'

Howard smiled, 'Well one thing's for certain,' he said. 'We can't leave her here or some kookaburra will have a good lunch. And I suppose being the male of this species, the human species so to speak, then it falls on my shoulders to protect Mrs Hercules along with the other females in this house.' So saying he went off to collect our cardboard box that we keep especially for Mrs Hercules moths.

It is not uncommon to see male hercules moths flying around our outside light, the females, however, are generally more elusive, as befits being a female of any species. We have discovered that if there are a couple of males around the garden light then generally there will be a female on our bleeding heart tree (*Homalanthus populifolius*), for it is on this tree that she lays her eggs.

As a means of ensuring the continual reproduction of the hercules moth it is wise to take the female and to place her – always very carefully, you would not want to damage those perfect wings



– into a cardboard box or fish tank, or whatever is large enough to hold the lovely lady. Then you spray her lightly with warmish water, ideally from one of those garden misters, for it must be mist rather than a hard spray. She will then lay her eggs.

After she has laid her eggs she will die, so you can use her for whatever purpose. Sounds rather crude, only you might like to fill the body with formalin and place her inside a glass-fronted frame to keep as a specimen. The frame will have to be well sealed (silicon is a good sealer), otherwise ants, carpet moths etc will eat your specimen. Do remember though that the moth is a protected species, you cannot go around selling the dead females.

With the eggs you now have in your cardboard box, well, you simply spray them once a day with warmish water and when they hatch put the caterpillars back on the bleeding heart tree.

If your desire is to see one of the caterpillars metamorphosise, then you will have to feed the caterpillar with leaves from the bleeding heart trees, and boy oh boy, can they eat.

Once the chrysalis begins to crack for the moth to emerge, it is best to get chrysalis-cum-moth back to the tree as soon as possible. With their wings they need plenty of space to dry and to exercise.

BLEEDING HEART TREE (*Homalanthus populifolius*)

Besides being a breeding tree for Mr and Mrs Hercules' offspring, this tree is a pioneer tree and is therefore very

useful in creating rapid shelter for slower growing species such as black bean or Queensland maple.

The juvenile bleeding heart tree has large heart-shaped leaves that turn blood-red before dying. The larger trees tend to have smaller leaves. The fruit are pale green on first appearing and later turn dull purple. They attract a wide range of birds during summer, including the long-necked friar birds and yellow fig birds.

At full height the tree will reach approximately five metres. The tree can be easily propagated from the fruit, that is if you beat the birds. If you don't beat the birds well, never mind, the birds will drop plenty of seeds, usually under and over your clothesline. Just collect the dropped seeds.

.....

WASHING RINSE

After washing clothes, rinse them in water that has had half a cup of white vinegar and a few drops of eucalyptus oil added. The vinegar acts like a water softener by absorbing all the soap out of the clothes, leaving them feeling squeaky clean. The vinegar is easily available in 2 litre bottles for about \$1. The eucalyptus oil adds a lovely fresh smell, and as noted in a recent GR, helps repel moths and silverfish etc.

Nita Higgins, Jindabyne, NSW

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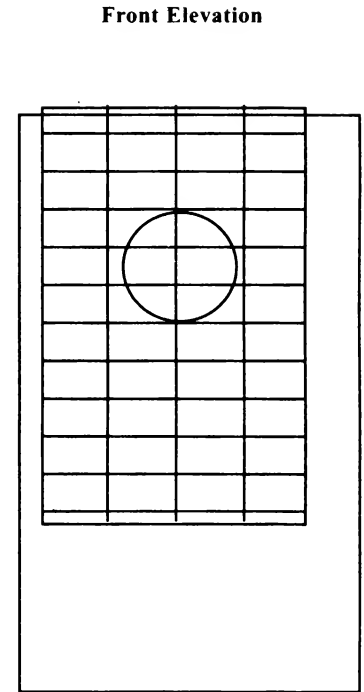
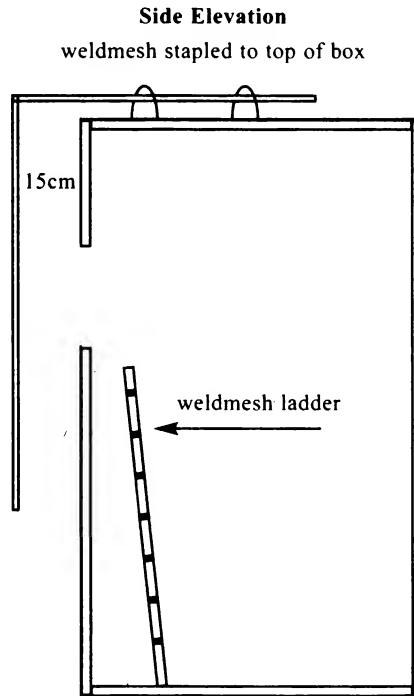
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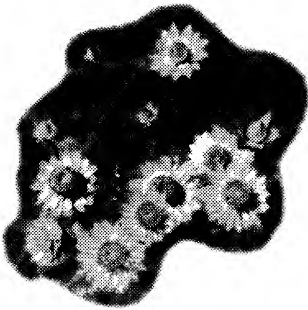
by Ken Miles, Torquay, Vic.

If any readers have problems with kookaburras raiding their wild parrot and galah nesting boxes, there is a way to keep them out. I have found that installing a steel mesh baffle as a shield in front of the entrance hole prevents the kookaburras from getting inside the nesting box, but the parrots and galahs have no problem, because they are very agile with their claws and beaks and can enter their nest by the side. The size of the mesh that I use is five-centimetre square galvanised weldmesh, and it is positioned so as to allow about 15 centimetres between it and the nest box entrance.

If starlings and Indian mynahs are a problem, then perhaps canary wire with a stiffening wire frame would keep them out too, as they have pointy beaks and wouldn't be able to hang on like the galahs do. I haven't tried it but it is worth a trial. I hope this suggestion is of help to readers who have wild bird nesting boxes.



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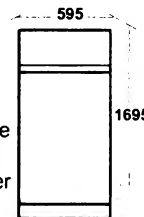
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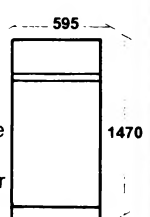
Qld:
Gas & Portable Refrigeration
Ph: 07-5593-4066

WA:
Caravan Parts of WA
Ph: 08-9356-2077

350 Litre Model QD320G
276 litre fridge capacity
74 litre freezer capacity



220 Litre Model QD22F
190 litre fridge capacity
30 litre freezer capacity



12 volt 35 litre portable refrigerator/freezer now available



FARM PESTICIDE USE

New legislation recently introduced into NSW makes it mandatory for farmers, and other pesticide users, to review their practices. It is now an offence to use a pesticide in such a way as to cause injury to other people, property, or nontarget plant or animal species. 'Pesticides' include herbicides, fungicides, insecticides and rodenticides. High monetary penalties apply to those in breach of the regulations: up to \$60,000 for individuals and \$120,000 for corporations, and double this for wilful or negligent misuse. The higher penalties also apply to wilful or negligent misuse resulting in significant harm to endangered, vulnerable or protected fauna species. NSW farmers can contact the NSW Farmers' Association for more details about this legislation, ph: 02-9291-6409. Readers from other states can contact each state's EPA for relevant pesticide laws.

In Victoria the state government has initiated a two-year campaign to eliminate unwanted and dangerous chemicals from farms. Bans on some agricultural and veterinary chemicals have resulted in inappropriate storage of dangerous substances on many farms. Victorian farmers can call 1800-660-667 for details of the collection program.

ENVIRONMENTAL WEEDS

Aboriginal communities, pastoralists and government agencies in the Northern Territory have been waging war on the destructive *Mimosa pigra*, or giant sensitive plant. This pest plant has taken over thousands of hectares of the Finnis River floodplain, destroying the ecosystem, reducing access to traditional food sources and cultural areas, reducing water quality and aquatic life, and affecting the potential for economic ventures. A joint venture, involving a variety of control measures, between the local Aboriginal community and various government authorities has seen the weed controlled in a 3000-hectare area and its spread into other areas being arrested. The success of the program is evidenced by the presence of magpie geese in areas they had not frequented for a decade and

the return of long-neck turtles to billabongs and streams.

A draft national management strategy has been developed for the weed lantana which infests about four million hectares of Queensland, NSW and Victoria. This weed displaces native flora, thereby reducing fauna habitat, and reduces access to walking tracks in public reserves. Its spread is assisted by birds which eat the berries and deposit seeds over a wide area. It releases toxins into the soil that prevent other plants from competing with its prolific growth. Copies of the draft strategy are available by phoning 07-3406-2879.

A biological control program for Scotch broom has been underway since the early 1990s. The release last year of 15,000 twig-mining moths is the latest weapon in the management strategy. This weed has been in Australia since the 1850s and, with millions of seeds in the soil in some areas, a comprehensive approach is necessary for control to be successful.



KOALA QUANDARY

In Queensland and NSW depletion of koala habitat has driven this national icon to threatened species status. Indeed, they are believed to be facing extinction in some regions. This is an issue of concern to more countries than Australia, with the US Fish and Wildlife Service Endangered Species Act recently listing koalas as threatened.

Ironically, in view of this, some areas of Victoria are experiencing koala overload. In locations of favourable habitat with few predators and roads, koalas are breeding so successfully that they are in danger of eating out their own habitat and altering the ecosystem to the detriment of other species. Some

years ago koalas on Phillip and French Islands were captured and released, to much publicity at the time, at various locations on the mainland, including the Mt Eccles National Park. So congenial did they find this latter residence that they are putting their food source under stress, resulting in yet another relocation program; this time to the Grampians National Park, Glenelg National Park and the Dergholm State Park, all areas where koala numbers are believed to be low.

Before relocation some of the koalas are being sterilised to prevent overbreeding in the new location. There is controversy in conservation circles about claims of high mortality rates associated with relocation programs, up to 35 percent has been mooted.

That neither the Australian Koala Foundation nor the American Fish and Wildlife Service recognise the different status and needs of koala populations in various locales leads to a simplistic, and sometimes inaccurate, concept of management needs. Perhaps in the not-too-distant future, with re-establishment of stable habitat areas in Queensland and NSW, some of Victoria's prolific breeders can be relocated further north. Though Queensland's koalas are smaller and lighter in colour, the differences are purely regional – they are still of the same species and will interbreed.

HYDROGEN CAR OF THE FUTURE

Earlier this year General Motors released the prototype of what is expected to be the forerunner of a new breed of automobiles – the hydrogen-fuelled electric car. The vehicle generates electrical energy by combining hydrogen and oxygen, has a range of 400 kilometres per tank of fuel, accelerates smoothly, is quiet and pollution free. GM predicts that by the end of this decade 10 percent of new cars will be using this eco-friendly technology and 25 percent by 2025. Eventually the fuel-cell car will be powered by renewable energy such as wind and solar power and hydro-electricity. The fuel-cell car is expected to sell for a price that is competitive with conventional polluting technology.

Livestock Health and Management

Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 117, SEYMOUR 3661.

FEATHER FOLLIES

In January this year I purchased eight Lohman point-of-lay hens which layed quite well, but after several weeks developed the problem of picking and eating feathers out of each other. They became very distressed and I had to separate them before bleeding occurred. It didn't solve the problem as the picking did not stop amongst the others. I felt there must have been a deficiency in their diet and sought advice from everywhere across the globe but no one could come up with any answers. They were let out each afternoon and given shell grit, silverbeet for iron, a small amount of salt, seaweed, kelp in their water, meat meal, mixed grain, pellets, lucerne hay and table scraps. Surprisingly, they never ate their eggs. In the end I gave three of the pickers away (I thought), but the five I had left did the same thing. I have just started to buy *Grass Roots* magazine and in the June edition was reading your Livestock Health and Management page. As I am very fond of chooks and will always be, I would appreciate any help that you can send to me as I had to give away my five I had left and feel very lonely without them. Any advice would be appreciated.

**Dorothy Faulkner,
BOYNE ISLAND 3680**

We are sorry to read about the difficulties encountered with your Lohman pullets. They are a new imported hybrid from Europe, and are, like Isa Browns, outstanding layers, but are purported to be more inclined to feather pecking than are local hybrids. We're not familiar with them as the majority of GR people prefer purebreds or develop a cross to suit their needs. Dorothy, you have tried all the management tips we would have recommended and so are left with the thought that in the selection for top productivity, temperament traits have been overlooked. In other words, they are highly strung and neurotic and feather pecking is an outward manifestation. It should be realised, too, that free range producers have difficulties with fowls feather pecking and find some hybrid strains better than others. If you want to keep a few hens, why not try and get hold of a pure breed. They

won't lay as well, but you can look through a book like the 'Poultry Breeders Directory' and find out what they look like, their temperament, eggshell colour, etc. Ensure you buy locally, the birds will be better suited to your climate but as well you can go back and discuss problems with the breeder. Your experience to date is most unusual, hopefully you won't suffer such distress with your next flock.

FIRST PULLET EGGS

Has anyone got a remedy for an egg bound chicken? She's a meat chicken, I got her (Lisa) and rooster (MJ) as chicks. The poor things are limping around and finding it a bit hard to keep up with the others in the group. I've noticed Lisa sitting in the nesting box, but alas, no egg. By the way, the girls, including Lisa, are only about six months old, should they be laying yet or not? I've noticed MJ the rooster doing his job, so they must be mature. Also, Lisa is the only one with a dirty bottom. I've been putting garlic in the drinking water. I hope someone can help me out, and thanks for a wonderful magazine, I've been a fan now for I don't know how many years.

Lucky I haven't posted this; the latest news is that Lisa has laid two eggs now, her first one was rather small, but complete, and today she laid another one without a shell. Is this just because she's a learner, or what? Also, some-

thing has hacked the poor thing and ripped a lot of feathers out under her wing, could it have been the rooster? Kindest regards,

**Leanne,
IMBIL 4570.**

Dear Leanne,
Congratulations sound in order for Lisa. She is a learner layer and will be going through hormonal ups and downs, so you can expect tiny eggs, shell-less eggs, all manner of odd eggs until her system settles down. Part of this topsy-turvy time will be visits to the nest and no egg, and then next day an egg laid in an odd spot. Seems like the teenagers have trouble with their timing. Keep up the shell grit and see she has lots of exercise so she doesn't get too fat. The meat birds can get very fat and develop leg problems as a result.

The damage under the wing will probably have been due to the rooster's toenails. Check they are not too long, nor that his spurs are long as they will damage the hens, back and sides badly. See also that such injuries as Lisa's don't get infected or fly-blown.

Re age of lay: Pullets don't start to lay until 24 - 26 weeks at the earliest, though the roosters may mate with them a couple of months earlier. Males!!! For the dirty bottom, keep up the garlic and also get some slippery elm powder or tablets, and give daily until it clears up. The tablets are cheaper and easier to administer. Just 2 - 3 tablets a day should be fine, until the loose droppings stop. You'll get slippery elm from health food shops or from Safeway and similar supermarkets.

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FEEDBACK LINK-UP FEEDBACK

Dear Megg, Mary and All,

Since having major surgery on my neck last year, I'm afraid the garden has been allowed to lie fallow, but we have great plans for the coming season. Actually, I think it has done the soil a lot of good to be allowed to lie 'doggo' as it were.

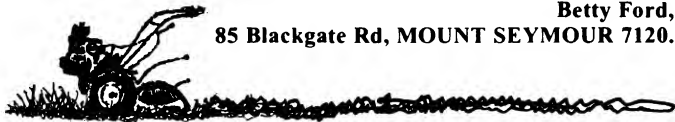
Graeme has at last been able to get the **ROTARY HOE** going. He spotted one at the tomato grower's we go to. It was tucked away in the corner of a shed, gathering dust. Graeme asked the owner what was wrong with it; luckily it turned out to be something different from the breakdown of ours, so we bought it for \$100. Within a couple of days, using parts from the 'new' one, we had ours going, and have turned over the first bed. Worms are prolific!

Roger the ram has been allowed in to chew down the long grass and munch on a few tasty leftovers from the crops, as well as leaving his fertiliser behind. Problem is, he now waits at the garden gate every morning expecting to be let in. Whoever said sheep are stupid?

Once again, many thanks, keep *Grass Roots* rolling along. I wish it came out more often, I enjoy reading it so much.

Betty Ford,

85 Blackgate Rd, MOUNT SEYMOUR 7120.



Dear GR,

We are putting together a **STEERING GROUP** to start an organisation to achieve the following objectives: Start alternative businesses; start alternative organisations; grow trees in Australian deserts; start communities in Australian deserts, tropics and temperate areas; start processing systems to produce fuels from waste fats and vegetable oils; start methane digester systems; grow a large garden in Australian deserts; buy stations/farms, to grow massive acreages of food such as sweet potatoes to be sent to weather and war ravaged countries and cultures around the globe; start a system of Australian kibbutz-style communities around Australia (based upon a semi-matriarchal structure); grow trees from global rainforests in Australia; develop new architectural methods for designing and building shelters (homes) for Australian climates and environments including underground shelters and growing bamboo specifically for Australian conditions; teach white Australians the traditional Aboriginal methods of relating to their Australian environment (by tribal Aborigines); start private and independent transport systems for moving internally around Australia and for delivering commodities to needy countries; form a research body to examine coming weather extremes, detrimental aspects of globalisation on Australia and other countries, passive social systems, extraterrestrial realities, passive energy systems, communication systems outside modern technological dependency of the internet etc, and other aspects of adaptation to the 2000 technological lifestyles.

Interested individuals should not bring their egos, prejudices, religious beliefs, ideologies, paranoias, fantasies or negative attitudes. This project is for people with common sense, not into drugs, excess alcohol, having absolutely positive attitudes to life, preferably following some kind of belief or spiritual understanding. This is for any gender, any religion and any culture, any age; everyday practical, educated, experienced people of any age who can see that the current political and social structures of our country (and the world) are irrelevant to the year 2000. We are doers, and we want doers, because the ultimate aim is to achieve the goal of improvement for all around us. If you are interested and want more details, send us your reasons for wanting to be involved, your ideas and availability, outlining what commitment you are able to make. No time wasters please.

Auchenflower,

PO Box 1464, NOOSAVILLE 4566.

Email: ore linda@hotmail.com

Dear Editors,

Thank you for your wonderful GR. My wife and I plan to **MOTOR FROM DARWIN (home) TO ADELAIDE**, stay two weeks, then Melbourne to NZ for four months. Any shed, garage, cover handy to public transport for a Melbourne departure about November appreciated. Back Feb – March, then motor back to Darwin.

Ray Taylor,

39 Cardo Court, DARWIN 0820.

Dear Everyone,

My husband and I are planning to build a house in the Adelaide Hills next year. I am a self-confessed unreformed romantic where slow-combustion cooking stoves are concerned, and I was delighted to learn about the **NECTRE BAKERS OVEN**, which not only cooks the dinner but would seem to do an adequate job of heating the house. I would love to hear from anyone who has had first-hand experience of the Nectre Bakers Oven and its wondrous possibilities. We need to heat about six squares of living space. I look forward to any replies. Lots of luck to everyone with all of your enterprises.

Pat Mitchell,

PO Box 2645, BROOME 6725.

Dear Mary,

Re the article 'Diabetes – an ancient ailment' (GR139): William Dufty, a journalist, wrote an excellently written benchmark book called *The Sugar Blues*. It came out in 1976, distributed by Nutri Books Colorado – no ISBN at that stage. Should be obtainable in a library. He had **DIABETES** and decided to find out how to cure it and researched it extensively. Several very interesting facts emerged: Diabetes was unknown until our present unbridled consumption of sugar got going, so were mental institutions as such! Nowadays, animals get it for exactly the same reason as people, too many denatured sugar-rich foods. Dufty not only cured himself but helped his wife, Gloria Swanson, through a pretty difficult time as well.

Pat Coleby,

91 Church Street, MALDON 3463.

Ph: 03-5475-2683.

Dear Megg and Mary,

Further to my earlier letter regarding the **DRYING OF TOMATOES** in my Harvest Maid dehydrator. I have contacted Harvest Maid (as you suggested) quite some time ago, but anything they had come up with I had tried without success. My reason for trying GR readers for information is that usually trial and error is a more successful solution. I am annoyed with the amount I have wasted – good home-grown tomatoes, and of course power – trying to perfect the art of edible dried tomatoes. If the machine is turned down in temperature they go mouldy, any other time they go black, even though I watch them carefully. Hope someone can assist with ideas.

Mrs P Bennett,

147 Wattle St, BENDIGO 3550.

Dear Grass Rooters,

As children my sister and I were big fans of Skippy the kangaroo, and were delighted when mum bought me a Skippy mug and my sister a Skippy plate. We lived on a wildlife park, so had a lot of the real skippies around us too, including a pet orphaned forester kangaroo that we raised and, well, you can guess what we named her. That was years ago now, and Skippy, mug and plate have long since gone, but not the childhood memories. The mugs and plates were made out of a strong plastic called Bessemer Ware I think (supposedly unbreakable), and had pictures of Skippy the Kangaroo on them. I would love to have a **SKIPPY MUG AND PLATE** again to use for picnics and camping. I will gladly pay a reasonable price and postage if you can indulge me!

I have just collected some **BURDOCK SEED** from my garden (organically grown). If you would like some, just send me a stamped self-addressed envelope and I will pop some in the mail for you.

Kathy Gatenby,

903 Middle Tea Tree Rd, TEA TREE 7017.

FEEDBACK LINK-UP FEEDBACK

Dear Mary,

For Othelia McKain in regard to your request for information concerning why you're having trouble with **LISYANTHUS**. This plant comes in two different types, both grown out here. First you have the Annual Stove plants, these being *Aeutangulus*, *Aicilus*, *Grandiflora*, *Kunthus*, and *Russellianthus*. Then you have the Evergreen Stove, these are species *Glaulifloous*, *Latifoleus*, *Splendens*, *Umbellatus*, *Lisyanthus*. They can be grown from seeds and cuttings, but must be grown in a hotbed. This allows for drainage plus better root growth as well. Must be kept moist at all times. Cuttings must be grown in summer temperatures of 15° C to 26° C, winter time 10° C to 12° C. *Russellianthus* cannot be propagated by cuttings, may be considered as biennial, young plants raised from seed, under heat, for one year to be safely kept in a cool stove or warm greenhouse and potted in spring will bloom beautifully in summer. They like a very acid type of soil. That may be your problem down there in your area. In the mountains they grow very well.

Don Makay, Kirri Griffiths, Ray & Terry Campbell; in regard to your request there is a book that could help you, called *Prescription of Nutritional Healing*, by James F Balch MD, Phyllis A Balch CNC, Avery Publishers, ISBN 0-89529-727-2. This book is available in most public libraries, otherwise ask for it to be obtained from one of their networks. Well worth reading if you are interested in alternative medicine.

Eugenio Muratore; re **FRUIT PRESERVED IN ALCOHOL**. From reading your letter, I find that you're not pin-pricking your fruit to allow it to take up the sugar, including the alcohol. Plus the fruit must be packed in correctly so that sugar and alcohol can be shaken regularly for about 12 weeks, then they must be placed in a dark cupboard for about 12 months. Use brandy, whiskey, Cognac or vodka. Never use 96 percent imported alcohol as you are never sure whether it's made from another substance, plus you could do your family a lot of damage.

Colin Law,

2/6 Angus Close, WANTIRNA 3152.

Email: rosemede@telstra.easymail.com.au

Dear Grass Roots,

Jeanette Shavin (GR136) and Jenny Lacey (GR138) are trying to find out where to get a **HAND-OPERATED WASHING MACHINE**. I bought one many years ago from Innovations and it has a sticker on it saying that it comes from The Cleanhouse Effect. This is now the Planet Ark Store, 445 King St, Newton, ph: 02-9516-4681. Mine is called the Wonder Wash – Pressure Washing Machine and it works well, except the frame is quite flimsy. I've always thought it would be good to build a solid frame out of wood for it, but haven't got around to it. Hope this helps and best wishes,

Lisa Levine,

3 Pantowara St, BALCOLYN 2264.

Dear GR Readers,

Is anyone prepared to part with their copy of *The GR Family Book*, *The Bumper Book*, and *The Early Years*? I am happy to purchase these in good condition and pay for postage.

I am also trying to find where I might be able to **PURCHASE IN BULK**: carb soda, cream of tartar and Epsom salts. I use these products for cleaning and the quantities the supermarkets sell work out to be expensive. The local health food shop is not able to help me at all.

I have only been a GR reader for two years so I have missed out on so much of your wonderful years past of GR. I am slowly buying back copies when I come by them, as I can afford them. Thank you to the whole GR family – the producers, readers and contributors. It is a great experience to read and experiment with all the different contributions enclosed within GR pages. Thank you all.

Michelle Maher,

7 Linaria Circuit, DREWVALE 4116.

Dear GR,

I though the readership might like to know about another introduced pest. While European carp have invaded inland rivers, the introduced **MOSQUITO FISH**, *Gambusia holbrooki*, poses a threat to native fishes too. It shares the habitat of many native freshwater and estuarine fishes. *Gambusia* eats these in preference to mosquito wrigglers. In fact, studies have shown that the mosquito fish is not as useful as native fish in reducing mosquito numbers. Further information is available at www.gambusia.net. I have (unsuccessfully) tried various avenues to fund public awareness and research into the potential for biological control of this pest. Fortunately, a public service position keeps me 'afloat'. Regards to all treading lightly on the earth,

Aarn,

PO Box 9, BALRANALD 2715.

Dear Megg & Mary,

It is good to see that there are articles on such things as **FLOOR AND FURNITURE POLISH**, however, it can be a daunting task to track down unusual ingredients. Perhaps in future you could put a request in Feedback for the names, addresses and telephone numbers of suppliers in all the capital cities (if not regional centres) who are willing to freight or post out.

Concerning all your aches and pains, have you ever tried **ACUPRESSURE**? It works for me, although it might not work for you. I bought a copy of *Acupressure – How To Cure Common Ailments The Natural Way*, by Michael Reed Gach, ISBN 0-7499-1114-X from The Softback Preview on mail order. I also bought a book on reflexology that did not seem to work as well, but it might work for you.

Does anyone know how to dismantle a **MASADA** brand of **HYDRAULIC JACK**?

Alexander Cranford,

PO Box 439, HAY 2711.

Good idea Alexander. If any readers have contact details for suppliers of unusual/old-fashioned ingredients needed for home-made products, please share them.

Dear GR,

The story from 'Manure Mick' in GR 139 brought back some memories for me. We were evacuated to the country in Germany. The farmers there all had a big **MANURE HEAP** in their yard, where all the manure mixed with the straw bedding from the cow and pig stalls was put all year. Also, the outside toilet was there. Everything stayed there all year and was used to fertilise the land, usually the potato field as there wasn't enough for all the land. There was crop rotation and the potato field would grow something else, like sugar beet or roots or grain, next year.

We also had an outside toilet. In autumn, when the garden beds were harvested, the land was dug and into the trenches we poured the contents of the loo. The land was left rough (not raked) over winter. The cold and snow would freeze out any bugs and diseases. In spring, after the thaw, the land was dug again and seeds and plants put in. We had no problems with diseases or bugs. The only other fertilisers used were compost and liquid fertiliser made by soaking eggshells in water, or maybe a bit of horse manure the horse from the baker's cart might leave on our road. We had **NO ARTIFICIAL FERTILISERS** at all. We also dug in all the weeds that we could. This way the land was built up over years.

Inge & Hans,

PO Box 116, WILMINGTON 5485.



Contributors and correspondents who want letters or articles returned are requested to include correct postage.

FEEDBACK LINK-UP FEEDBACK

Dear Grass Roots,

I want to keep **LEMON GRASS BULBS** for use for extended periods – how can I do this? None of my preserving books or references list lemon grass.

**Donna Stebbings,
1 Elizabeth St, TANNUM SANDS 4680.**

Dear GR,

I was wondering if anyone who is interested in **PATCHWORK AND QUILTING** would like to share some ideas with me. Perhaps participating in making blocks to make quilts – a friendship quilt. Also, I am wondering if there is anyone who has **OLD FLOUR BAGS** that I could make a quilt out of.

**S O'Sullivan,
Farm 126B, Corbie Hill Rd, LEETON 2705.**

Dear GR,

We are a larger-than-normal family, having five children. We are currently paying off our property and money is tight. I am after all suggestions and tips on how to **REDUCE OUR COSTS OF GENERAL LIVING**. We already have our own vegie garden, fruit trees, eggs and meat. We don't buy disposables, baby food, Nappysan, junk food, prepacked school snacks etc, and try to wash a lot by hand.

Still, does anyone have ideas on further saving on electricity, reducing our grocery bill, easy and cost effective meals/snacks, gift ideas, toys, absolutely anything that will help us save money to pay our property off sooner?

**M Runke,
MS 264 Childers Rd, BUNDABERG 4670.**

Some years ago we published 'Living Better for Less'. This is packed with relevant ideas for you. Unfortunately, it is now out of print. Perhaps any reader with a copy they no longer need could contact you.

Dear Megg & Mary,

Thank you for your wonderful magazine and for publishing my letter in Feedback, from which I received a **REMARKABLE RESPONSE**. I would greatly appreciate it if you could publish this letter in Feedback to thank all those who wrote to me. I have tried to acknowledge and answer all mail received, but there may be some souls whom I have missed because of jumbled up mails and through being in and out of hospitals. Please accept this with my grateful thanks to anyone I may have missed.

I am sorry and grieved that I lost contact with **JEANETTE MILLER**. Please make contact again! If you wish you can ring me any night, reverse charges after 7pm from anywhere in Australia!

I am recuperating remarkably, following the vascular surgery which has proved wonderfully successful. I am still very lonely and would like to hear from anyone who would care to correspond with a lonely old gentleman of 88 years! Please feel free to ring any evening after 7pm, or write. Particularly if you have already written and failed to receive a reply – that could only be because it was lost in the mail. I most certainly will acknowledge and reply to all correspondence received. Yours in anticipation! Sincere regards to all.

**Arthur Ferguson,
14 Long Gully Rd, GRANDCHESTER 4340.
Ph: 07-5465-5154.**

Hi Mary,

Thanks so much for printing the article on **ALDINGA ARTS ECO VILLAGE**. Progress is moving along nicely and a few more blocks have sold. The only setback is that the water treatment system is having trouble getting passed quickly. However, still OK. Everything else is well, thanks. I have a 'creating community' website on future vision for community if you'd like to check it out: www.bluepin.net.au/sdn/ian_mason/

**Ian Mason,
Email: futurecom99@hotmail.com**

Dear GR,

Help! Do you know who still manufactures old-fashioned **WOOD HANDLED SCYTHES**?

**Ronald,
Hippocrates Health Centre of Australia, MUDGEERABA 4213.**



Dear GR & Readers,

A big hello to everyone in the beautiful GR family. Would love to hear from any **READERS LIVING IN OR AROUND TARA, Qld**, re weather, soil, living conditions – anything and everything – good and bad – as we are considering moving to a 10-acre property there.

Can anyone recommend a good **EM MONITOR** and ways one can protect one's home from electro-magnetic radiation?

**Nina Chalker,
6 Maxwell Rd, HACKHAM WEST 5163.
Email: chalk@picknowl.com.au**

Dear GRs,

I have read a few times in GR of the bean called **POOR MAN'S BEAN** and was wondering if anyone had some seeds they could sell me. I will pay postage. Does anyone else have any unusual vegie and herb seeds they would like to sell?

**Sanne,
PO Box 633, MERREDIN 6415.**

Dear Megg & Readers,

Many thanks for such an inspiring magazine. I have been reading it since 1985. We recently bought our small farm of 18 acres in the beautiful mountain country and we are loving it. We would greatly appreciate hearing from anyone with ideas on how to make a **SILENCER FOR A PETROL GENERATOR** (perhaps using a car muffler?), also plans for a generator and battery sheds (including measurements) which conform to the relevant standards.

**Margaret Tranter,
RMB 60, YARCK 3719.**

Dear GR,

Hi everyone. First I'd like to say thanks for a wonderful down-to-earth magazine like *Grass Roots*. I've been a reader on and off for many years now and, like many GR people, have dreamed of my own 'piece of paradise' for a long time. Good fortune and timing occurred for me recently, resulting in my finally being able to purchase my little plot of dirt in the East Gippsland shire in Victoria. I'm planning on building a basic open plan home with a loft for a bedroom(s) and timber and stone for my main building materials. I hope to include a verandah as well if funds allow.

My request is for any GR people, particularly those who live or have lived in the shire, to provide me with any **TIPS OR INFORMATION ON BUILDING** such a home – on an incredibly tight budget – while avoiding pitfalls and extra costs along the way. Any information great or small will be gratefully accepted and I will reply to all letters I receive. I look forward to hearing from any GR people. Remember to keep your dream alive. If I can do it anyone can.

**Jo,
5 Cambridge Ave, FAIRY MEADOW 2519.**

Dear GR Readers,

My husband and I are like most of you who wish to use **NATURAL CLEANING METHODS** instead of chemical detergents, but we only know of a few natural remedies. So we are asking readers to send any tried and true recipes for around the home. Please ensure recipes are safe for a young child. Thank you!

**T Virgin,
58 Terang Rd, Riverside Gardens, MANDURAH 6210.
There are several good books available – look in your library.
Also, see GRs 134, 118 & 106.**

FEEDBACK LINK-UP FEEDBACK

Dear GRs,

Thieves come in all shapes, sizes, sexes, ages and professions, and sometimes trusted neighbours or their kids or their friends don't deserve your trust. If your property is remote and you are absent for more than an hour on a regular basis, you can be a sitting duck for the scabs of society. Since the availability of mobile phones things have really moved along, because a 'lookout' can warn the **BURGLARS** of your impending return, long before you get back home. The 'lookout' or 'cockatoo' can be as young as six years old, so long as they know how to operate a mobile phone.

When my place got 'knocked off', by some trusted people I may add, I had a good hard think on how to positively identify any future crooks that may want to thieve what was left. I decided that photographic evidence was the best proof for the security firm and the cops to work on, but video cameras alone are very vague and the images quite hopeless in a court of law. However, nowadays cheap cameras are amazingly good and can be activated automatically by a selection of different sensors. The outlay is fairly minimal, and many insurance companies will give you a reduction on your premiums if you have a good system of detection.

The still and video photography watchdog gives an amazing insight into human behaviour and rivals the 'candid camera' and 'amazing home videos' you see on TV. People who should know better, even some in trusted community services, can sometimes behave quite badly when they think that no one is around to watch them. Their behaviour can be quite humorous after they read the warning notices on the doors and windows that they are being filmed.

Some are obviously quite Jekyll and Hyde characters, and it is amazing how many people are 'stickybeaks', when they think you've gone out shopping. Some will never visit your place when you're home, but as soon as you drive out the gate they are over to check out even minor details, even take a few plant cuttings, or the odd piece of fruit off trees. I asked one neighbour how he liked the figs when I saw him in the supermarket. You should have seen his face. I got it back through the grapevine that I was 'a rude man', in his opinion. I wonder what he really thinks of himself.

As basic morals continue to decay I'm glad I invested in a few simple cameras to catch the cheats, and they didn't cost an arm and a leg, and now I know who to trust.

Roberino,

Lot 4, ARRAWARRA BEACH 2456.

Dear GRs,

I purchased GR for the first time as I didn't know its name, but a nephew of mine who lives at Udialla Station, in the NW, a WWOOFERS property, told us. Anyway, the contents are fantastic and varied. I'm sure we (my wife and I) can learn a lot through GR and I hope to give through it. We live on an 890² block 500 metres from the Indian Ocean, Western Australia. Five years ago this old double-storey fibro was surrounded by only sand, **COUCH AND BUFFALO GRASS**. Today we have hundreds of plants: grevilleas, gum trees, buddleia, hibiscus and many pot plants. Everyone seems to believe you can't grow successfully by the ocean. We put down about five centimetres of newspaper, plus hay and sheep manure over all of the buffalo and couch grass areas, without digging, and in three months turned it into good garden soil that attracted thousands of earthworms. My broccoli plants are four years old and still producing; we have tropical plants galore, some from Exmouth on North West Cape: paw paws bearing large crops (3 – 4 metre high trees); bananas, *Poinciana regia*; poinciana shrubs (*Caesalipina pucherima*); grape; African tulip tree and many more. I have Sturt pea seeds from when I was a licenced seed collector. Send an SAE for seeds. I would like to know if anyone has seeds to a parrot tree (*Schotia brachypetela*) or grows one. The red flowers drip with nectar and birds roll around drunk from it they say.

Brian & Pat Sutton,

7 Mileura St, GOLDEN BAY 6174.

Dear GRs,

For Rosemary who wanted to make **GOATS' CHEESE**. You can make it in four-litre lots. Allow milk to sour naturally by letting it stand in a fairly warm place for 36 – 48 hours. Wrap it in cheesecloth and let it drip into bowl. After another 36 – 48 hours there will be cheese in the cloth and whey in the bowl – a strong taste. Another method is to warm the milk to 32° C, add cheese-making rennet (can use junket tablet), let stand for 30 minutes. Put it through cheesecloth – a mild cheese.

For K & E S Hamilton-Brown, re socks being too tight: I cut halfway down elasticised ankle area – this helps.

Tips: Long gumboots were hurting an ankle, so I cut them just above ankle and they are comfortable now. Cut bottoms of an old pair of jeans, put elastic through one end and have loose end hang over gumboots – this keeps pebbles etc out of boots.

Comment: My husband didn't find illustrations detailed enough to help him make an olive press!

29 Upper Scamander Rd, SCAMANDER 7215.



Dear GR Editors & Readers,

It is a long time since I dairied but I managed 45 cows for 10 years after my husband died suddenly. If I had a cow that went down with what was known as **CALVING PARALYSIS** and couldn't get to her feet, we had a tractor and carry-all and winch. We'd get a strong corn bag, cut it open down one side and along the bottom. With a man or two to help, the cow would be put on the bag, holes cut for its legs to come through, corners all meeting up top to have the hook inserted through so the cow could be lifted and winched to a sheltered place. She'd be lifted often if possible to help circulation. Plenty of shade, water and feed need to be provided. They say it is not a good policy to breed from that cow again as she can have the complaint again.

I notice in GR recipes for **CHOKOS** that all say to take out the seed. Try the seed, they are lovely if not too old, so leave them in.

Where are you **PASCALE FROM NARWEE**? Did the 'potato water' cure you that time you left a note in my mailbox saying you were so well?

Tahiti,

200 Summerland Way, KYOGLE 2474.

Dear Megg, Staff & Readers,

I have not been well this past month and due to a recent death in the family I have inherited my uncle's back copies of GR, so I have had plenty of reading to do. Lots of it nostalgic as my uncle and I, over the years, have made cheese etc, and we were inspired to buy goats through reading GR, to bottle tomatoes (I swore I'd never do that again!) and lots of other things. Anyway, my reasons for writing are twofold. One, to thank you for so many years of pleasure you gave my uncle (and myself). We tackled quite a few projects together over the years. Secondly, I have a few **DOUBLES OF GR**. These I would love a GR reader to have, as I'm sure my uncle as well as myself would love them to have a GR home (no phone but address enclosed). Doubles of *Grass Roots*: 77, 78, 79, 80, 81, 82, 83, 101.

Love Sunshine's 'Down Home in the City' – chip off the not-so-old block eh? New column maybe?

Kerry Wyse,

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

FEEDBACK LINK-UP FEEDBACK

Dear Megg,

I've noticed that a few folk ask about the small **HAND-OPERATED WASHING MACHINES** in Feedback. The good news is, I have managed to find a shop that stocks these, plus other Bamix and Magimix products, in Frankston. The bad news is, it's one of very few who do stock them. However, the owner will sell by mail order and either post or send by road for the cost of the cartage. The shop is: Cakes 'R' Us, at Shop G69 Balmoral Walk, Frankston Town Centre, Frankston, Vic 3199. Ph: 03-9783-7202. Hope this is a help.

Now, for a plea of my own. I own a **PASSAP KNITTING MACHINE**, the pink double-bed model. Passap, who were based in Switzerland, have closed up shop and that has left me in a quandary. The machine is in good condition and has served me very well over the years, but it uses things called strippers, which are small plastic and steel objects. There are three types of strippers, two are used for knitting ribs and Fair Isle etc, while the black strippers are used for plain and circular knitting. The black strippers wear out, they have plastic wheels which wear away, ending up looking like a flat tyre.

They used to cost \$3.50 a pair to replace, the last pair cost me \$69 a pair! I did manage to track down a shop in the UK that still had some in stock, but they would have cost me 40 pounds, plus postage. Being on a pension put them way out of reach. I was wondering if one of the GR handy people could possibly make these little things, they are a fairly simple design. The machine is useless without them and it would break my heart to send 'old faithful' to the tip and there's no way I could afford to replace it. As I knit a lot for the family and friends, including a mountain of hard wearing comfortable socks, it seems a shame for such a little thing to stop me doing what I love. Naturally, I would pay for the strippers to be made and throw in a bonus pair of socks. If anyone thinks they can help, please contact me.

Jan Atkinson,

741 Nepean Hwy, MORNINGTON 3931.

Hello to all GR folk,

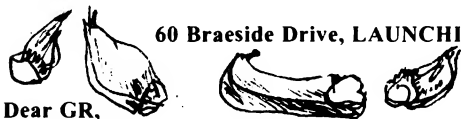
I hope all is well your end of the world. An old-fashioned but effective **RHEUMATISM LINIMENT** is to place a camphor block and a whole small/medium sized lemon in a jar and barely cover with methylated spirits, allow to stand for a day or two and then use.

HONEY has come back into fashion for wound healing. Table honey has been heated to make it runny and the powerful healing enzyme has been killed off. Honey is good for burns. **APPLE CIDER VINEGAR** in a spray bottle is also good for burns. Spray burn immediately, it kills pain.

GARLIC is the king of vegetables and is a powerful germ and disease killer. It is believed to be a powerful antisenility and baldness aid, among its many claims. It is called poor man's penicillin.

June Connelly,

60 Braeside Drive, LAUNCHING PLACE 3139.



Dear GR,

I am a country girl at heart and love making and doing all sorts of crafts. I love your magazine and can't wait for the next one to be on sale. I have begun making my own beauty products, but need to know where I can get **SMALL CONTAINERS**, preferably plastic with screw tops, to put lip balm and perfume creams in. Can anyone help me or suggest alternatives. I also run a craft stall at local markets and am always on the lookout for crafty ideas. Please write.

J C,

C/- 11 Glenair Ave, NOWRA 2541.

Anonymous letters will not be published. Please indicate if you would like personal details to be withheld.

Hello Everyone,

So you finally make the move to the country, and what do you find? Certainly the country hospitality is wonderful and having children makes it easier to make new friends, but if you move to a fairly traditional farming area you will also discover that old ways, for the most part, have been left behind and you will get looked upon as some kind of eccentric if you choose to employ them. After years of reading this section of GR and puddling along on my own (the husband is not so involved in the 'farm bit', which is fine), I have finally come up with my own 'help!' request.

We have a Jersey house cow. House cows are very rare these days. I learnt to milk her from a book! The next-door neighbour, a retired farmer – one of those excellent neighbours whose help and friendship are priceless – has taught me much about cow and sheep husbandry, but remains very amused at our decision to have a house cow in the first place: 'You know, it'd be easier to pop down the shop and pick up a couple of litres!' I need to find some **HOUSE COW OWNERS** I can talk to, learn from, share ideas with. As a sideline, I am slowly rearing more house cows due to this feeling I have that I am not alone in my enthusiasm. It'd be ideal if you lived locally, but really, any contact would be great from any location!

Kellie Constable,

C/- Teesdale Post Office, TEESDALE 3328.

Dear GR,

Some connected (in cyber space) readers may be interested in this self-sufficiency e-group. An e-group is an interactive email list that subscribers can contribute to. So it will be a great vehicle to facilitate easy discussion, news and views related to self-sufficiency issues. To subscribe send an email to:

selfsufficiency-info-subscribe@egroups.com

Subscribers can then post messages to selfsufficiency-info@egroups.com It's a great way to connect with like-minded people. Subscription is free; we just have to put up with a small ad at the bottom of each email. Looking forward to discussions with GR people online.

Morgan Kurrajong,

54 Officer Cres, AINSLIE 2601.

kurra@dynamite.com.au

Dear Grass Roots,

To any people who replied to my last letter (Dec/Jan issue), I am very sorry not to have been in touch, but I did not receive your letters (if there were any). Shortly after writing my letter we moved from that address and the caravan park has not forwarded any of my mail. I am still living in my **BUS** (now registered) with my partner, dog, cat and bird. We would love to have **SOLAR POWER** as our main energy source, but do not really have any idea what bits and pieces are needed to power 12 volt stereo, lights, water pump and maybe a television. Any advice would be greatly appreciated.

I would love to hear from anyone who has grown **VEGIES IN POTS** successfully and anyone who can tell me more about Reiki healing. We are also on the lookout for a manual on a **120 PERKINS DIESEL ENGINE**.

Last of all, I would like to thank everyone who contributes to GR. Since first reading this magazine I have learnt so much about living a great life instead of just existing. My health, eating habits, relationship with this planet and with others have improved greatly and I now have the motivation to do what my conscience tells me is the right thing. It was all there inside me the whole time, but it took reading about others living great lives to make me do something about my own.

Rachel Love,

13 South St, TUNCURRY 2428.

With regard to the 120 Perkins Diesel, try: Plough Books, PO Box 14, Belmont 3216, ph: 03-5266-1262; or Motor Book World, 1013 Burke Rd, Camberwell 3125, ph: 03-9813-2644.

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Each year in the October/November issue we print an index to the previous six issues to help readers access information in past issues. If you have missed out on any information contained in this index, back copies are available for \$4.40 each.

See details of how to order on page 82.

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FEEDBACK LINK-UP FEEDBACK

Dear Grass Roots,

I have only recently discovered your marvellous magazine. I purchased the most recent edition and have been able to borrow a few from the library. After reading them from cover to cover I am hooked and thirsty for more. Is there anyone in my area who would sell me some 'way back' issues or even let me borrow some?

Also, I am growing **GERBERAS** and would like tried and proven advice regarding their care. A grower in Mackay told me to grow them in sandy loam and tiny pebbles or crushed brick. Also, to dust the leaves with lime now and then. I did all this, but still the leaves have a darkish look and go brown. I gave up the lime dusting and had the soil tested. It needed dolomite which I now use. But I am still not happy. Hope someone can put me right.

E Gorman,

3 Thora St, GRACEMERE 4702.



Hello,

I am writing in response to the article in the last issue about the new development in **FRUIT FLY CONTROL**. Some time ago I wrote to the company, Wild May Essential Oils, to enquire about their products and they very generously sent me a sample of the lure. Well, I tell you it works like mad – within 30 minutes of putting out the traps flies were going in, and now, a few weeks later, I see very few flies about. This lure attracts the males and once the present season's fertilised females are done, I ought to enjoy a greatly reduced fly problem. And the beauty of this lure is that only two traps are suggested per acre, or about five per hectare – very effective. Thanks for running the article, as the world needs nontoxic lures that work.

The magazine continues to be great and informative and I like reading it after a day in the garden.

Robert Millet,

252 Egan St, KALGOORLIE 6430.



Dear GRs & Van de Klays,

Are you sure that the **SPUR** is the problem? My left foot has a similar problem and of course the doctor suggested cortisone injections. However, he did say that if you x-rayed 1000 people coming out of a football match several hundred would show up with spurs, but only two or three would have pain. Much more common is inflammation – a sort of 'tennis elbow' effect. This is related to posture and the answer is to begin a regime to 'rebalance' your body. A physiotherapist with a holistic approach to health is a good start. If you are sure it's the spur causing the problem, a new machine is available in Wollongong, and probably elsewhere, which uses ultrasound to bombard the spur. The process is called a musculoskeletal orthopaedic lithotripsy and takes about three treatments spread over six weeks and is available from: Southcoast X-ray, ph: 02-4261-7499, or fax: 02-4262-1004. Me? I'm giving the physio a go first.

Neil Bell,

PO Box 172, KIAMA 2533.

Dear GR Readers,

I'm writing to see if someone out there has any info on **EAST FRIESELAND MILKING SHEEP**. I'm moving onto 50 acres and would like to start a new project for myself and my two boys. I will also be growing herbs with a difference in relation to medicinal purposes. Anyone with any info on these herbs and maybe some starter seeds, I would be most grateful, or if you could suggest any good books on how to grow and use these herbs. As you can see this is all new to me so any information would be handy. Thanks for a wonderful read!

Joanne Moreau,

C/- 71 Plunkett St, NOWRA 2541.

Dear Grass Roots People,

We would be interested to hear from anyone who is living or has lived on a **MULTIPLE OCCUPANCY/SHARE COMMUNITY**. We would like some feedback on the advantages and disadvantages of living on an MO compared to being an independent landowner. Anyone who is willing to write and give us any information at all, it would be most appreciated.

Jen, Andrew & Tara,

PO Box 864, NEWCASTLE 2300.

Hi, Everyone Out There,

I've just bought myself 11 acres near the Murray River. There's lots of work to be done and there's only myself and my two young boys (12 and 8). I should have been in my home by now, but am still waiting for it to be built. The reason I'm writing is to ask for help on a few items listed here: How to make buttermilk, apple cider vinegar; how to finely grind chilli and coriander seed to powder in large quantities. Also, once I have milked the cow or goat, what do I do? How do I **MAKE BUTTER, GHEE, YOGHURT, CHEESE** etc? I don't want to buy books, I would love information from people who are doing these now. I would love to receive your letters, even on anything you feel may be of interest. I'm always willing to learn many new things. Hoping to hear from someone soon as I'm trying to live off the land as much as possible.

Karen Naicker,

RSD 4753, MANNUM 5238.

Michael Dodel's articles (in GRs 139 & 140 and this current issue) will answer some of your questions.

Dear Grass Roots,

I am a recently new reader of your wonderful magazine and even my husband who only reads the newspaper is now fighting over it with me. We both enjoy the lovely stories and pick up lots of hints and tips. Would any reader know how to **EXTRACT OIL** from the leaves of *Pelargonium citronella* plants? We keep breaking off cuttings and the plants grow so quickly we now have an abundance, so thought we could put them to good use. Any information would be greatly appreciated.

Julie Giffney,

Lot 305 Speegel Rd, GLENWOOD 4570.

Dear Megg & Mary,

My son and myself are 'new chums' at discovering GR mag. My son and his partner have their dream to go bush and all that goes with it, so GR is now a must. It's absolutely fabulous. My request after reading about the lovely vest from wool pieces, is to see if anyone has a pattern for **MOCCASINS FOR KIDS** made out of all wool pieces. I'd really be thrilled.

Zoe Walker,

PO Box 1046, BAIRNSDALE 3875.

GR 138 contained an article about making moccasins for kids, also featuring the gorgeous Jamie.

Hello Fellow GR Readers,

Thank you to all the people who kindly wrote and let me know what they knew about home schooling for years 11 and 12. I am writing now to inquire as to if there are any single dads in the **IMBIL AREA**? I am not into frills and dresses.

I am going to try my hand at calf rearing; I'll hate market days, but I suppose there's good and bad in everything.

Can someone also tell me what they have learned from their experiences on **CALF REARING**. I have the perfect shed for the calves at night, plenty of straw for bedding and small yards to separate them from the owner's steers. I have wonderful landlords who don't care what I do as long as I look after the house, and I do that too.

I have started a no-dig garden; I have had to cut the chickens' wings so they don't jump the fence and gobble the lot.

Leanne,

C/- Imbil PO, IMBIL 4570.

FEEDBACK LINK-UP FEEDBACK

Dear Grass Roots,

How does this sound? No ants or mozzies, stable temperatures, practically drought and frost free, basalt soil, magnificent views, and a lovely old house on 2½ acres? Regrettably, I must leave and go back to the mainland, so if the above interests you, please see my advert in the For Sale section.

I have a few hints that may help some:

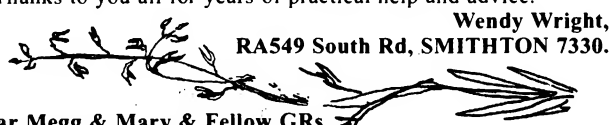
STORING CAST IRON COOKWARE upside down prevents rusting. **ONION WEED** can be got out easily twice a year. Firstly, when they first start to shoot they will pull out in a clump, leaving nothing behind. Secondly, when they have completely died down, the corns force themselves to the surface. They are easy to collect so they can be destroyed.

Roberino – I agree with you about the high **COST OF FUNERALS**. A Tasmanian firm (in Scottsdale, I believe) makes cardboard coffins for about \$300. For a cremation I would prefer to supply the funeral parlour with offcuts to help the blaze along.

Ross & Renate Jennings – **LOBELIA** is poisonous and is therefore not on the market in Australia. Even registered herbalists and naturopaths are wary of prescribing it.

Thanks to you all for years of practical help and advice.

Wendy Wright,
RA549 South Rd, SMITHTON 7330.



Dear Megg & Mary & Fellow GRs,

I love reading GR and have been doing so for years, on and off. Reading GR is like coming home after a busy day out. I think it's great how readers contribute and help each other. Which is why I am writing. I've recently been diagnosed with **GRAVE'S DISEASE** (thyroid area), and would like to know if anyone in GR-land has ideas to cope. I find I get very tired, lack concentration, am more nervous and have depression, which could be caused by the disease. I think diet would help and have bought some nonhybrid seeds to grow organic vegies.

Also, we are looking for a farm acreage block with dwelling to rent with the idea to buy in the future, or at least a very long lease. My husband works in Caboolture, so areas surrounding such as Woodford, Glasshouse, Peachester areas would be ideal. We have four adult children living with us and have lived on a farm before so know what to expect.

Thanks for a great magazine and best wishes for the future.

Donna Miller,
9 Lawson St, CABOOLTURE 4510.

To Dear Grass Roots,

Firstly, two things that I have found help my daughter's **ASTHMA**: Garlic bread, homemade with real garlic or bottled from the shelf. When she is really bad, sitting her upright in a car booster seat, with blankets wedged around it of course, or propping her upright with a lot with pillows whilst sleeping definitely helps her sleep.

Help please: **NATURAL** dying products for hair, blonde preferably, either shop product or home remedy; **DANDRUFF** (natural products, homemade); **LICE**.

S Ingersoll,
41 Lee St, MAITLAND 2320.

Dear GR & Readers,

Does anyone have any information regarding nontoxic **ENVIRO-RESPONSIBLE PIGMENTS** suitable for use as artist's oil paint/or watercolour/or enamels? I have heard something about soy beans once being used in enamel paints and wondered. Also are there any suppliers of hemp canvas out there, or 'organic' canvas maybe? Primers?

Any information on related topics would be most welcome – love and wishes-come-true to you all,

Tanya-Cherie Hall,
C/- 'Blue Springs', Symonds Rd, NIMBIN 2480.

Hi Gang,

Larry and I had a letter printed in GR 139 and we received many welcome replies. We were excited to receive one obviously from an old friend, but, our friend forgot to include an address. As we'd like to renew the friendship, could you please contact us again so we can write back to you? I'm sure we have lots of catching up to do.

As for our trip north, we may have to replan, as in amongst some of the letters we received were some great suggestions about what to see in northern NSW (thanks Cindy for a great letter, can't wait to meet you), and also in south-east Queensland. Thanks to everyone who wrote to us, we are writing back to everyone.

Since that letter was written (GR139) I have opened my own shop! Yes, my own recycled clothing shop. I'm enjoying it immensely and I am meeting so many new people!

Can people write and give us some ideas on how to live with GST?

We have moved!! Finally we are moving onto acreage again. We are leasing (a nice house) 40 acres of good land, already fenced into paddocks, and at last I can have chooks, some ducks and a few head of cattle, and grow our own vegies and fruit trees! We are feeling content at this turn of events and appreciate letters from like-minded readers of the GR family.

Maureen & Larry,
15215 Pacific Hwy, TAREE 2430.

Dear Grass Roots Feedback,

I lodged a plea for help regarding my **BABY DAUGHTER'S ECZEMA** in GR138. I wanted to thank everyone who responded as I tried many of their ideas. I also wanted to pass on my findings as my daughter is now 98 percent free of eczema on an ongoing basis. We moved her onto a restricted diet, which included goats' milk formula and rice products. We eliminated so much food it was increasingly difficult to ensure she had variety in her meals. This quickly eased the problem, however, every time she caught a cold or suffered from teething the eczema flared again. We had to test every food we gave her over a period of 24 hours and we had to be sure her eczema was mild when introducing a new food so we could be sure that any reaction (ie outbreak of eczema) was due to the food in question.

In the beginning she was limited to a diet of pumpkin, parsnip and zucchini, rolled oats, chicken and rice. We added items as she responded well to them. After a particularly bad outbreak due to illness I took her to a specialist. He told us to keep the diet going, but felt the underlying cause of the eczema must be eliminated. When he felt her lymph glands they were inflamed. He prescribed an antibiotic which is particularly effective against this type of infection. Unfortunately, I didn't record the name of it. He also told us to give her some Phenergan over a short period of time. We changed all her bedding to cotton and didn't use any soaps on her. This combination, including a stronger cortisone cream, cleared her up completely. I was ecstatic to be able to kiss such soft cheeks (I hadn't been able to do that since she was three months old). We have now been able to include foods in her diet that set her off before. It is wonderful.

I know many people are against cortisone and other drugs and want to take the natural approach, as I so much wanted to, but I am very glad that this horrible rash which had caused her so much pain is now gone and the medication was short-lived (12 days). Thank you again to the many GR readers who offered their advice, it was comforting to know many people had also lived with this problem and survived!

Taimi Clinch,
MT ELIZA 3930.

Contributors and correspondents who want letters or
articles returned are requested to include correct postage.

FEEDBACK LINK-UP FEEDBACK

Dear GR and Readers,

My mum and I are from Sydney. Two years ago my mum moved to Murray Bridge after 40 years in the city, to be near me and my family. We both miss the city dearly, and she has regretted the move as she relies almost entirely on me as there isn't sufficient transport for her. What I'd really love to know is, has anybody an **ABODE WE COULD RENT** out for a holiday from time to time, or even caretake so my mum can be happy again for a time. Or maybe a reasonably priced house, big enough for one, so she can relocate back there. Her house is on the market here and I know she would be ecstatic back in NSW.

I dearly want my mum to be positive about life again, and I'm so keen to see her happy, I'd almost rent back there myself when my kids have left, maybe two or three more years, just for her to be at peace and be able to do her city stuff, at least be near it to access it. Please help, I should have thought of writing to you sooner. I'd love to hear all ideas.

Julie Regnier,

PO Box 217, MURRAY BRIDGE 5253.

Dear GR,

G'day there. My name is Adam Payne and I do **HOME SCHOOLING** with Brisbane SDE, but would love to go back to Charleville SDE, which I was at last year but had to leave if I wanted to do year 11. Charleville SDE only goes to year 10. I would like to change this and let students be able to study years 11 and 12 with Charleville. This is where you guys come into it. They need more students to join their school in years 8, 9 and 10. And with years 11 and 12, I'm trying to get together a list of names, so if you have ever thought home schooling was the way for you but never had the chance to do it write to me now and we can both work together.

Adam Payne,

'Avonlea Pines', 31 Touralou Lane, TARA 4421.

Dear Mary & GRs,

How sad to read Roberino's article seeking advice on minimising cost of his body's disposal, yet how wise! Roberino's had many an article published in GR, some very practical, some thought provoking, some just a touch whimsical. So to Roberino in a like manner: Consult you local medicine man, or local university, you may be able to donate your body (free of charge) for recovery of bits and pieces for transplants, or for aspiring medicos to practise surgical skills upon, to the best of my knowledge, not in Victoria, maybe in NSW. Roberino, I well may be further down life's slippery dip than you. I was advised to 'get everything in order - then get on with living'.

Some 20 years ago an old mate, along with five workmates, retired. He was planting a seedling fruit tree when a workmate remarked, 'It won't fruit in your lifetime'. His reply, 'If I don't plan to live ahead, then I won't'. His workmate's long dead, he, though a very frail old bloke, still enjoys living.

Roberino, I don't recall an article on Arrawarra Beach as a GR place to live. Has there been, or is there an article to be written? Keep up the writing and the living, there are so many GR readers who gain from your imaginative expertise.

In the last issue (June/July) a tip was given, to plant bottom cut-offs from **ONIONS**. We have taken up this tip, shoots are appearing at about ten days, some up to 13 centimetres already. I estimate our usage of onions at around 1200 per year.

On a recent trip to beautiful Tasmania I received a tip for the **PLUM PUDDING** experts. Instead of a plum pudding cloth, or a pudding bowl, use an oven bag, tie the top then roll in a cloth and cook as you normally cook. We are thinking of trying an experimental pudding, trying olive oil instead of butter, using the oven bag method. As there is a bit of Christmas in July around at present it may be a good time to experiment, before our big Christmas boil-up.

Ken Woods,

79 Blake St, SHOREHAM 3916.

Dear GR Readers,

I am writing to ask if anyone can help us. My partner and I wish to **TRAVEL AUSTRALIA** and we are looking for anyone who can **OFFER WORK** (paid and/or barter). We are spiritually evolving souls who are honest and hard working and we are nonsmokers and nondrinkers with a background in horticulture, with minimal computer knowledge, so any farm work is an option. I have worked as a waitress and I have many years of retail experience as well. We are self-sufficient (tent, cooking, car etc) and enjoy the country and nature immensely. We are in our 30s and would appreciate replies that are on genuine work related issues only - we will set off within a few months and would like to get to know people who can offer work anytime of the year.

Erin & Dave,

C/- PO Box 645, BORONIA 3155.

Dear Grass Roots,

I have just finished reading the June/July edition of GR and found the content informative and exciting. My husband and I have recently moved from the Flinders Ranges where we lived in a small mining town, to a 50 acre block just outside **CLARE**. The change in conditions is like chalk and cheese, but we are really enjoying the winter with all the rain. We have 40 acres of natural scrub here with the remaining 10 needing to be planted with an assortment of vegetation, ranging from vegetables and fruit trees to natives, ornamentals and flowering plants.

Our acreage is so vast that just beginning is daunting and for this reason I am asking the advice of readers, many of whom will have experienced the same **WHERE-DO-WE-START** problems as we are facing. I don't believe in re-inventing the wheel! Could we have some suggestions as to: Do we till the soil by hand or with a rotary hoe? I'd prefer the latter idea, but what size and make do we start with? Can we use a rotary hoe for a variety of purposes such as preparing garden beds, stone removal, as well as vegetable beds? What could we plant in the understorey of the natural scrub as the fallen debris could pose a fire risk during summer? Any other suggestions for novice gardeners would be much appreciated.

Helen & Owen Rayner,

PO Box 495, CLARE 4353.



Dear Everybody,

Just a quick note to say 'hi' and ask if anyone can help me. Any **INFO ON QUEENSLAND AND NSW**, weather, rent etc. would be greatly appreciated. Even if anyone just needs to write to someone, I would be happy to write back to all. I am a stay-at-home dad and trying to do the sustainable living thing.

Matt,

PO Box 14, CHARLTON 3525.

Dear GRs,

Hi, my name is Michelle. I am currently six months pregnant with my first child. I am trying to compile handy hints on all **ASPECTS OF RAISING BABIES AND TODDLERS**. I was wondering if any parents or care givers could share their tips and handy hints that they found helpful in raising their own babies/toddlers.

Also, can GR reader help me with homemade **RECIPES** suitable for babies and toddlers? Also, homemade recipes for the following: soups, spaghetti bolognese, mashed potato, casseroles, basic biscuits, tuna mornay, curried chicken, glazed vegetables, tuna patties, pizza fingers, stuffing, fried rice, yummy meat balls, basic scones, basic bread rolls, basic bread, Anzac biscuits, coconut ice, curried sausages, pancakes, pikelets.

Michelle,

PO Box 2169, MT GAMBIER 5290.

EARWIG ELIMINATION

by John Mount, Woodford, Qld.

As a child, I remember always looking forward to going to the barber. That is, until one day the barber told me a frightening story about someone who had an earwig crawl undetected into their ear and begin munching away on their brain. For many years I was terrified at the thought of these creatures crawling into my head and enjoying a repast at the expense of my grey matter. Little did I know that this type of story had been doing the rounds for several hundred years.

Apparently, there are two reasons given for this story. The first is that the name 'earwig' comes from the Anglo-Saxon word *eare-wicga* meaning ear-mover. The 'ear' part is said to have been used to describe the ear-shaped wings on one of the species.

The second reason is that in the days before the advent of steam and modern transport, the common people, many of whom could not afford the cost of travel by horse or coach,

walked everywhere, and at sunset made their bed on the ground. The earwig, being a nocturnal creature, was attracted to warm enclosed places and the traveller's ear was probably as good a place as any (whether it munched away on the cranial contents was not mentioned).

The earwig (Dermaptera) is around 12 – 20 millimetres long, usually shiny brown with two forcep-like projections on the end of its body which make the earwig look a little like a scorpion – but these projections do not contain poison as many think! They are hungry little devils and will eat most fruits, flowers, seedlings, roots, mosses and lichens. They are omnivorous and will devour anything, including other insects. Homes are especially attractive to these little critters, where they are known to feast on sugar, meat and fat.

Earwigs are easily trapped by leaving various shaped containers lying around the garden, such as upside



down flowerpots with the bottom hole blocked and filled with dry grass. Also, short lengths of hose can be left in strategic locations. Because earwigs usually crawl into cooler earth to escape the heat of the day, the traps are best emptied early in the morning, perhaps once a week, and their contents disposed of. A humane method of disposal is to place the contents in a plastic bag and the whole into a freezer for a couple of hours and then into a fire or rubbish bin.

Another method of termination is to mix together equal quantities of borax and sugar in water to a watery paste. This can be left in small lids or saucers around infested areas. Poultry are known to dine on earwigs and other garden pests, but unfortunately they also like to scratch and dig up the garden.

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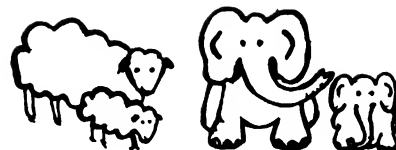
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CATALOGUE ON REQUEST



KIDS PAGE



All creatures start life as babies and to get bigger they need the care of the bigger creatures they know - mothers, fathers, big sisters and brothers etc. Do you have a baby sister or brother? Or do you have a baby cousin or friend? On this page you will find some fun things you can do for your favourite little baby.

Yummy Treats For Baby (and you!)

Baby Cheesecake

(from about 6 months of age)

Ingredients

- ★ ½ cup cottage cheese
- ★ ½ cup mashed banana
- ★ 4 tablespoons fresh orange juice
- ★ 1 teaspoon honey

Mix all ingredients together. Serve freshly made.

Baby Muesli

(from about 10 months of age)

Ingredients

- ★ ½ cup rolled oats
- ★ ¼ cup wheatgerm
- ★ ¼ cup millet
- ★ raw almonds

Place all ingredients in a blender and grind until very fine, making sure that the nuts are ground to a fine powder. Serve with milk or fruit juice. Store in an airtight container.

BOOK REVIEW

Does a Kangaroo Have a

Mother Too?

by Eric Carle

The distinctive and bright collage pictures by Eric Carle accompany simple and lovely text about baby animals and their

mothers. Suitable for very young listeners and early readers.

H/b, HarperCollins, PO Box 321, Pymble 2073. RRP \$24.95.



Animal Babies

Do you know what the following animals are called when they are babies? Answers are at the bottom of the page.

Kangaroo Lion Giraffe Penguin Swan
Dolphin Sheep Deer Elephant Monkey

Make Rattles For Baby

Collect some empty plastic bottles. Clean and dry them thoroughly. Now put a handful of some of the following things inside the bottle: buttons, shells, stones, seeds, 100's & 1000's. Ask a grown-up to secure the lid of the bottle VERY tightly.

Babies will love to see and hear the colorful things moving around when they shake their new rattles.

Baby's Diary

You will know and remember many things about your baby sister or brother

that she or he won't. To help describe to them when they are older just what life was like when they were babies, big sisters and brothers can make up diaries for them.

★ Include photos so she'll know just how cute, funny, messy she was.

★ Write notes about the funny things she says and does and the things she likes or dislikes.

★ Draw pictures of activities the family does with the baby.

★ Stick in little mementoes of things you have done with the baby - for example flowers from a picnic; postcards or shells from a family holiday.



Baby's Favourite Things

Of course the things babies love the most are gentle hugs, kisses and lullabies!



Kangaroo - joey; Lion - cub; Giraffe - calf; Penguin - chick; Swan - cygnet; Dolphin - calf; Sheep - lamb; Deer - fawn; Elephant - calf; Monkey - infant

IN THE KITCHEN

What to offer children or hungry adults as a healthy snack can be a conundrum. Fresh fruit and nuts do not always satisfy those ravening appetites, so much that is available in supermarkets leaves a lot to be desired nutritionally, and, increasingly, there are factors such as intolerance to gluten or artificial colours and flavours to be considered. This is where healthy homemade snacks come in. As a bonus, they're also usually a lot more budget friendly. Enjoy experimenting with these munchies.

These simple recipes should help you cope with the 'I'm hungry. What is there to eat?' syndrome, familiar to any parent or spouse. Try a couple of different ones each week so your pantry is always prepared for a hunger emergency.

If you want to avoid sugar, try substituting $\frac{3}{4}$ cup of honey for a cup of sugar. Those with a gluten or wheat intolerance can experiment with using the gluten-free flour available in the health food section of big supermarkets. Soy, rice milk or goats' milk can always be substituted for cows' milk, according to the dietary requirements of your family.

They are so easy to bake that they're ideal for introducing or encouraging children to learn to cook. The matter of encouraging them to clean up the kitchen once they've finished is a different story altogether!

Always have fresh fruit, raw vegies, cheese cubes and unsalted nuts available, and offer them (not all at once!) along with the more carbohydrate-rich baked snacks to ensure your family has a nutritious balanced diet. Then, if the between-meals snacks do 'spoil the appetite for dinner', it won't matter.

WHOLEMEAL ROCK CAKES

2 cups w/m SR flour
 $\frac{1}{2}$ cup raw sugar
125 g butter
1 cup mixed dried fruit, or use your own particular favourite
1 egg, beaten
 $\frac{1}{2}$ cup milk or soy milk
extra raw sugar

Sift flour, returning husks to the bowl. Add sugar, rub in butter. Add dried fruit, egg and milk. Mix well. Drop teaspoon amounts onto greased oven trays. Sprinkle with extra raw sugar. Bake in a moderate oven for 15 minutes or until golden brown.

HAZELNUT APRICOT CAKE

$\frac{1}{2}$ cup coconut
125 g dried apricots, chopped
185 g butter
 $\frac{1}{2}$ cup raw sugar
1 tbsp honey
2 eggs
1 tsp vanilla essence
125 g roasted hazelnuts, finely chopped
 $\frac{1}{3}$ cup bran cereal, or try rolled oats if wheat allergy is a problem
1 cup w/m SR flour, sifted
 $\frac{1}{4}$ cup milk or soy milk

Brown coconut. Soak apricots in boiling water for one hour – drain. Beat butter and sugar together. Add honey and beat well. Add eggs one at a time, beat. Add vanilla essence. Add nuts, coconut and bran, mixing well. Fold in flour alternately with milk. Bake in a greased, lined cake tin in a moderate oven for about 45 minutes. Let stand a few minutes before turning out of tin.



HONEY OAT BARS

1 cup rolled oats
1 cup sultanas
 $\frac{1}{2}$ cup w/m SR flour
 $\frac{1}{2}$ cup raw sugar
 $\frac{1}{2}$ cup coconut
155 g butter, melted
1 tbsp honey

Mix all ingredients. Press evenly over the base of a lamington tin. Cook in a moderate oven for 15 – 20 minutes or until the top is golden brown. Cut into bars while hot, but do not remove from tin until cold.

SESAME & OATMEAL COOKIES

2 cups rolled oats
 $\frac{1}{4}$ cup sesame seed
 $\frac{3}{4}$ cup raw sugar
1 tsp salt
 $\frac{3}{4}$ cup coconut
120 g melted butter

Mix all dry ingredients. Add melted butter and stir till well combined. Press out into a greased and floured tray. Bake in a moderate oven for about 30 minutes. Cut into fingers when cold.

MUESLI COOKIES

125 g butter
2 tbsp boiling water
1 tsp bicarb soda
 $1\frac{1}{2}$ tsp ground ginger
2 cups toasted muesli
1 cup plain flour
 $\frac{1}{2}$ cup raw sugar
1 egg, beaten
 $\frac{1}{2}$ cup milk or soy milk

Melt butter. Mix bicarb soda into boiling water. Combine remaining dry ingredients and add to melted butter. Combine all ingredients and mix well. Place teaspoons of mixture 5 centimetres apart on a greased tray. Bake in a moderate oven for 10 – 20 minutes.

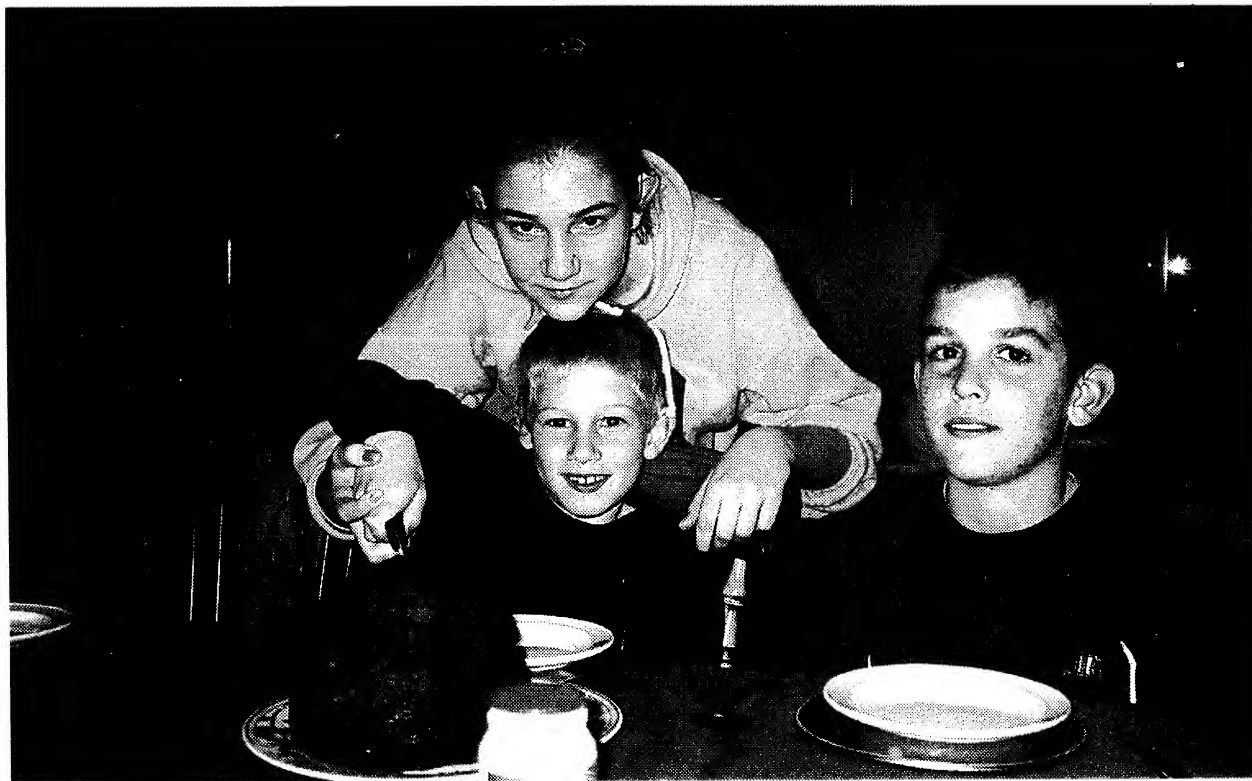
ALMOND CARROT CAKE

2 cups grated carrot
5 eggs, separated
 $1\frac{1}{4}$ cups sugar
250 g ground almonds
 $\frac{1}{2}$ cup SR flour
 $\frac{1}{2}$ tsp salt
grated rind of one lemon

Beat egg yolks, lemon rind and sugar till mixture is pale yellow. Stir in carrots, almonds and sifted dry ingredients. Beat egg whites till stiff. Fold into mixture. Pour into a greased large cake tin and cook in a moderate oven for one hour. Dust with icing sugar and decorate with whipped cream before serving, if desired.

A PUD FOR ALL SEASONS

by Ken Woods, Shoreham, Vic.



Ken's grandchildren (from left) Aaron, Kylie and Brett, ready for the taste test.

We use a Christmas pudding recipe that's been handed down in our family since the 1840s. Like all the best traditions, however, our mixture and cooking methods have been adapted over the years to suit changing needs and circumstances. Mother changed from beef suet to butter in 1922, and in 1936 she substituted a bowl with a tied-down top for the original pudding cloth. In 1993 we dropped the white flour in favour of wholemeal self-raising and substituted margarine for butter. This year, with a need to reduce cholesterol, we have just experimented with using 50 percent olive oil and 50 percent margarine (you could also use butter). There was no obvious change in taste or texture and our experimental puddings passed the family taste test with flying colours, so, later in the year, for our Christmas 2000 puddings we'll be trying 100 percent olive oil.

We have also adapted our cooking method to one suggested by the great Tasmanian cook, Mrs Shiela Gurr of Deloraine. We now place the mix in oven roasting bags. Fill bag in the bowl to $\frac{3}{4}$ volume of bowl, tamp down mix to shape of bowl. Tie top with string. Place bowl with pudding in boiler, bring to simmering boil for five hours. Water in the bowl during cooking made no difference to pudding. We cooked on Thursday, heated one, a gentle one-hour boil, for Saturday's dinner – XLNT!!

Pudding bowls only needed a rinse and wipe out. From assembly of equipment and ingredients it took 21 minutes to have puddings in boilers and cooking!

INGREDIENTS

Section 1

- 1 kg sultanas
- 1 kg raisins

- 1 pkt mixed peel
- 2 lge carrots, grated
- rind of 2 oranges
- 1 lemon, grated

At times we substitute a kilogram of mixed dried fruit for the sultanas; it's cheaper and some prefer the flavour.

Section 2

- 1 kg w/m SR flour
- $\frac{1}{2}$ kg breadcrumbs

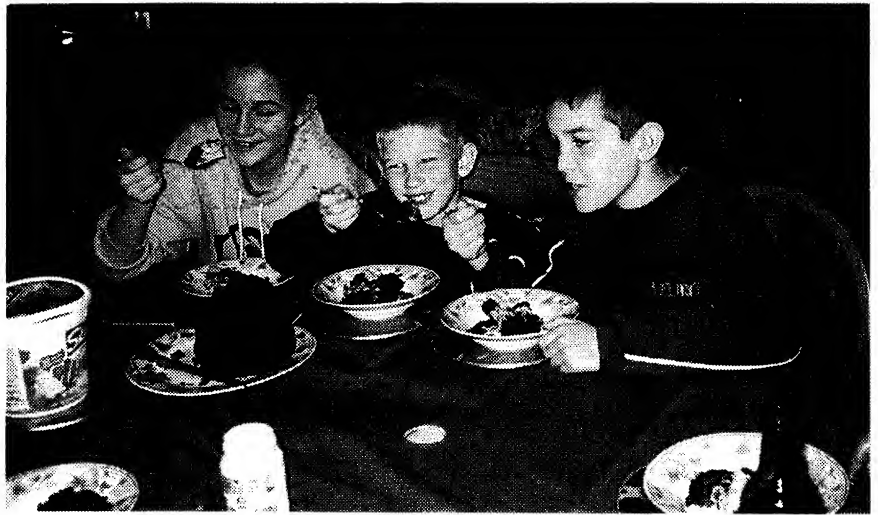
Section 3

- $\frac{1}{2}$ kg butter or margarine
- 500 ml olive oil
- juice of 2 oranges
- 1 lemon
- 1 dsp mixed spices
- 2 tsp cinnamon
- 2 tsp powdered ginger
- small flask brandy
- 1 dsp bicarb soda
- 4 tbsp treacle
- 16 eggs
- $\frac{1}{2}$ kg raw sugar

METHOD

In large mixing bowl blend section 1 ingredients, making sure raisins are separated as they usually stick together. Blend section 2 ingredients then mix through section 1. Warm butter or substitute to a liquid state (two minutes in microwave). Blend with remaining section 3 ingredients (we used a food processor). Add to combined sections 1 and 2. Cook as described above.

Right: The pudding was a success. There are smiles all round and Kylie, Aaron and Brett are on their second serve, or is it their third?



NATIVE GRASSES

WINDMILL GRASSES

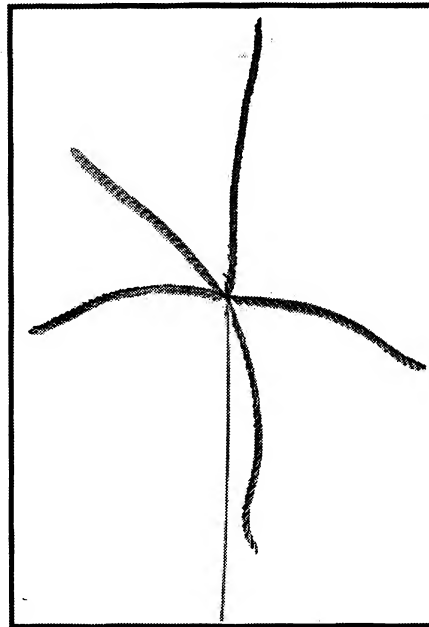
by Andrew Briggs, Wellington, NSW.

Windmill grasses (*Chloris* spp) are common warm season perennials found growing throughout NSW, and may also be found in Victoria, Queensland and Western Australia. The *Chloris* genus contains some of the most valued grazing plants in the world, including the introduced Rhodes grass (*C. gayana*). Of the native species, two in particular are most frequently encountered: tall chloris (*C. ventricosa*) and windmill grass (*C. truncata*).

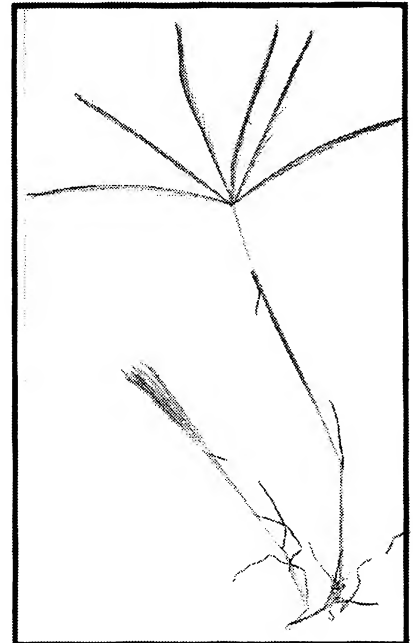
The less common of the two, tall chloris, is most commonly found growing along roadsides and waterways. Whilst being a useful grazing plant, its primary attraction is in roadside revegetation and stabilisation of easily eroded surfaces. Being semistoloniferous, as well as growing easily from seed, this plant can quickly occupy an area to provide long-term ground cover.

The common windmill grass is found quite frequently growing along roadsides and lawns. Whilst this plant does provide useful fodder during spring months, it has enormous potential as a low-water-use lawn species.

Seeds from these plants are small and easily harvested and sown. Shelflife is not great, so for maximum establishment success new seed should be harvested each year where possible.



Seed head of *Chloris ventricosa*, or tall chloris. Tall chloris has few 'spokes' to its seed head and is a much taller plant.



Windmill grass (*Chloris truncata*) is a common plant of roadsides and gardens, seldom growing over 30 cm in height.

It has been found that harvesting from sown (as opposed to wild) stands over consecutive years may result in a decline in germination rates, so where possible new harvesting areas should

be sown each year.

These species respond well to increased fertility and moisture, are relatively salt tolerant and can quickly colonise bare ground.

HERBS FOR THE HERD

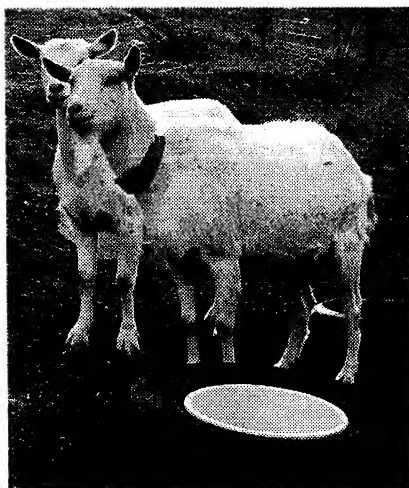
from The Australian Herb Society, Mapleton, Qld.

When choosing herbs for the care of your goats you have first to look at the physiology of these generous kind bodies. You have an animal with very high milk yield/birthing ratios relative to body weight. The blood and venous system and mucosa are going to be greatly taxed. This is often compounded by the practise of 'forcing' milk yields with 'high powered' concentrate supplements, more often than not processed. Indeed, some managements appear to have their goats in a perpetual state of gout.

The blood has to be very healthy, kept vigorous and 'cool' to supply vital nutrients and oxygen and efficient fast removal of waste products and toxins. A sluggish blood predisposes udder maladies such as mastitis and easy bruising.

The womb requires a good blood supply to maintain its health, the multiple foeti and good strong cycling (oestri). Tonics feature high. Our herd favours black currant, comfrey and cleavers (*Galium aparine*), which is high in silica too.

The mucosa from the lips to the rectum need great health to protect the goat's defence systems and to assist in all the processes undertaken by the alimentary canal. Marshmallow is our favourite. Local application of the infusion will also draw the heat from congested spots in the udder of the newly kidded doe.



Garden hydrangea is useful for sluggish cleansing of the womb after birthing, especially in the older doe. Don't be afraid that she will overdose! She will only take as much as she requires. Conversely, never force a herb on an animal – they know what is best! Does will readily eat raspberry before and after kidding, they know the uterine properties of this lovely plant.

Slippery elm is another herb on our shelves. The wonderful soothing properties of this plant make it a necessity, not just to settle kids after show travel but for us during the excitement of kidding and the anxieties of classification and herd testing.

Herbs are supplied fresh, rather than processed, as the vegetative mat-

ter provides good roughage (fibre) for that capacious rumen, along with the vitamins and minerals also offered.

I have not mentioned vermifuges, as the control of parasites is fundamentally based on overall management policy, including such aspects as pasture, species types, rotational grazing and genetic advantage.

Parasite control in goats is of paramount importance to goatkeepers. Like all diseases or conditions of ill-health, heavy worm burdens are indicative of a lack of wellbeing. However, I do believe that a healthy animal should have some worms; if its system was that aseptic then the rumen flora would not be able to exist and you would have a very nonfunctional animal indeed!

Worm burdens leave the animal lacking minerals, vitamins and nutrients from the ingested foods. External parasites leave the skin irritated and open to infection; the constant itchiness creates a very cruel stress, which in turn affects overall health.

I do not mean this to be an attack on modern veterinarian philosophies on parasite control; we as helpers should go about our business in a manner of speaking understanding and tolerance, as we ask for ourselves, but people practising animal husbandry must be aware that the manufacturing and sales of 'drenches' is a very lucrative business.

In spite of research which hopes to prove different, any substance covered

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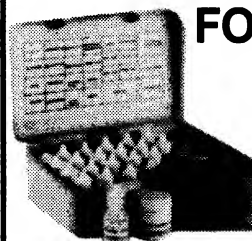
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by a withholding period on the consumption of milk and meat is highly toxic and our dairy animals which are so often forced on concentrated unnatural foods have enough toxins to cope with. How often have we seen forced herds heartily eating mallow and lady's mantle (*Alchemilla vulgaris*) in a self-healing effort to relieve and soothe their overheated and congested systems?

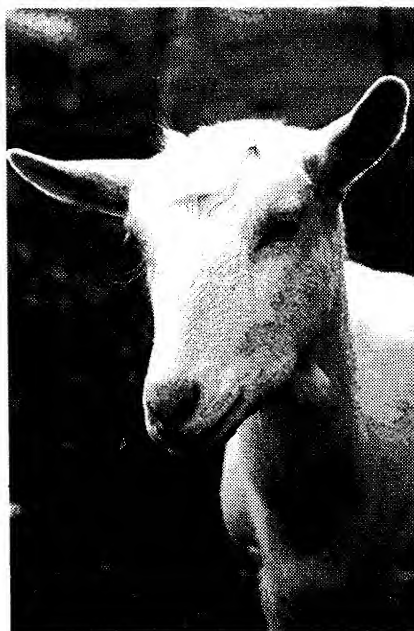
Dose rate recommendations are useless. You can safely triple recommended dose rates for the 'white' drenches. If you wish to use drenches remember to split the doses; 30 millilitres this morning, 40 millilitres tomorrow morning. By drenching and killing the parasites in the system, room for the inactivated larvae is created, hence high post-dose faecal counts. Split the dose. You must if you are to catch the newly released larvae, if not you are wasting money and time; much to the manufacturers' pleasure!

Wormwood and garlic and most of the odiferous herbs are useful in the control of parasites, tansy and rue (*Ruta graveolens*) for controlling external parasites. Derris dust is also useful. Rub bruised leaves through the coat, or make a strong infusion and use as a wash.

For internal use, I prefer to feed the fresh plant as none of its vital vitamins and minerals are lost.

Do not postpone treatment until the animal is scouring; your management should think seasons ahead. Feed lactating does after milking.

Management cannot rely solely on vermifuges. Fence your land so that a rotational grazing system can be used on a 14 to 21 day cycle, worms' life cycle is from 10 to 25 days. Roughage is vital to our ruminant browsers, so



avoid processed foods and meals which induce high acid levels in the digestive system. Keep a small gaggle of geese or ducks in liver fluke areas to eat the host snails, swampy land is not suitable goat country anyway.

Disinfect your pastures with lime. Do not graze until the lime is washed in; most goats are on very high calcium diets to start with. When treating goats after high burdens feed antacid foods – bran and slippery elm powder to absorb the acids and toxins.

Feed leafy vegetables high in silica to assist in the repair of the mucosa. A teaspoon of sulphur crystals a week is a fast way to administer this mineral which assists in skin healing after heavy external infestations.

Give one teaspoon of kelp powder a day to help stabilise cell salts and to provide other important minerals lost.

Feed liberally of the tonics – black-

berry, comfrey, parsley are all well liked. Groom regularly and vigorously to promote a feeling of wellbeing and invigorate the skin.

Reprinted with permission from *Herbology*, the magazine of The Australian Herb Society. For enquiries contact PO Box 110, Mapleton 4560.

CATARACTS AND ASTHMA

Asthma sufferers who control their wheezing by inhaling corticosteroids could be at an increased risk of developing cataracts, researchers in Sydney have found. Fourteen percent of people who use inhalers develop cataracts, compared with five percent in the rest of the population. However, cataracts are easy to treat while asthma can be fatal.

(Source: *New Scientist*)

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GARDEN SEAT AND TABLE

by Alan Stewart, Alexandra Hills, Qld.

I'm always on the lookout for usable scrap material that can be given a new life with some simple handy-person skills. As this timber was obtained from a privately owned trade waste tip and cost nothing, I decided this time to build a double-seater of generous proportions. Carpenters will recognise the timber as standard house framing. This needed little conversion apart from the slats on the seats and table.

Cut out the frame to the measurements given (see diagrams) using recessed butt joints. Clamp up and leave to set, using a good quality adhesive. Next cut out four legs which should be cut to floor and armrest angles. Clamp and mark out for halving joints. Make sure everything is level (no wobbles). Cut out surplus wood and join together. Leave to set.

Now start on the seat backs, using halving joints again. The seat and table slats are recessed level, so glue and screw strips underneath to support them. The slats can then be fixed in place.

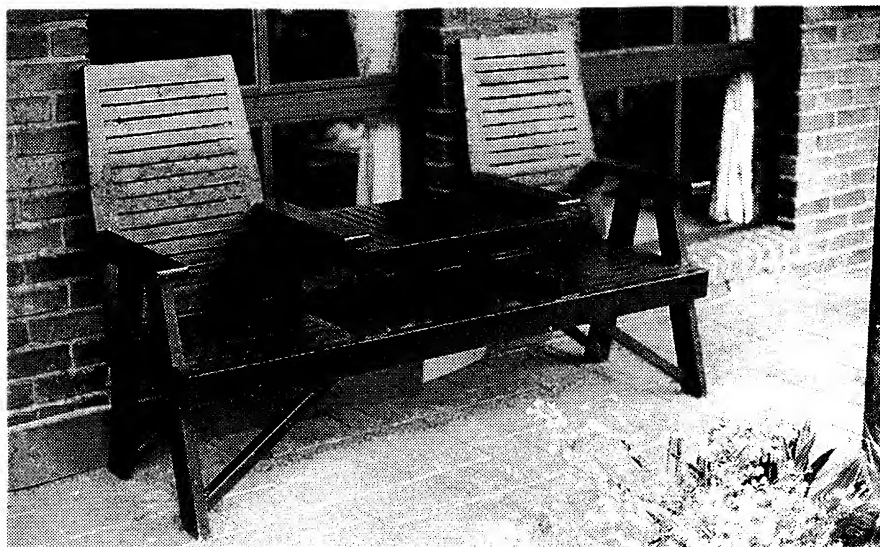
Now the table, again using halving joints. Cut out recesses on legs to fit into frame. The slats can be left until later.

For the seat backs use hinges on the bottom; they won't be used as such but it is the simplest way to secure to the frame. If possible, lean against a wall to the correct angle of 75°.



Above: Back view of seat/table unit showing hinges.

Below: The completed unit – a practical use for scrap timber.



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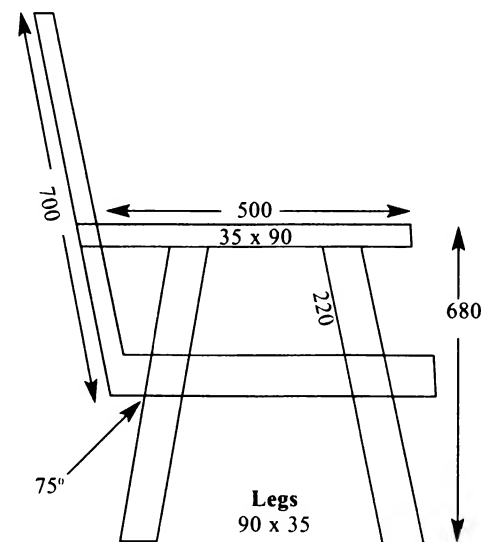
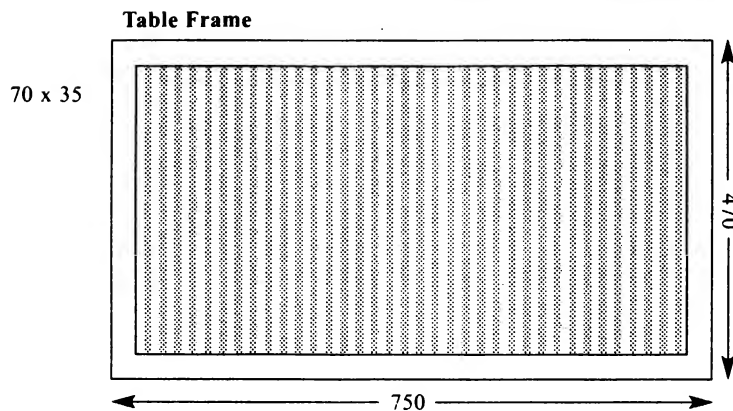
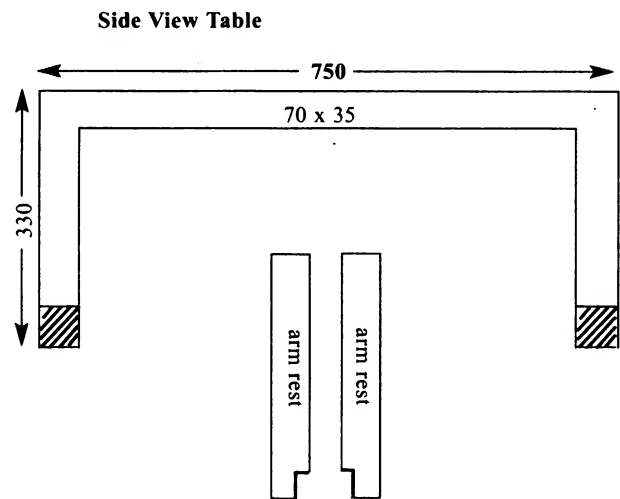
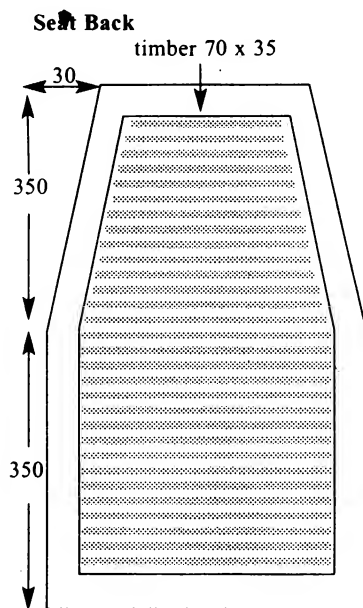
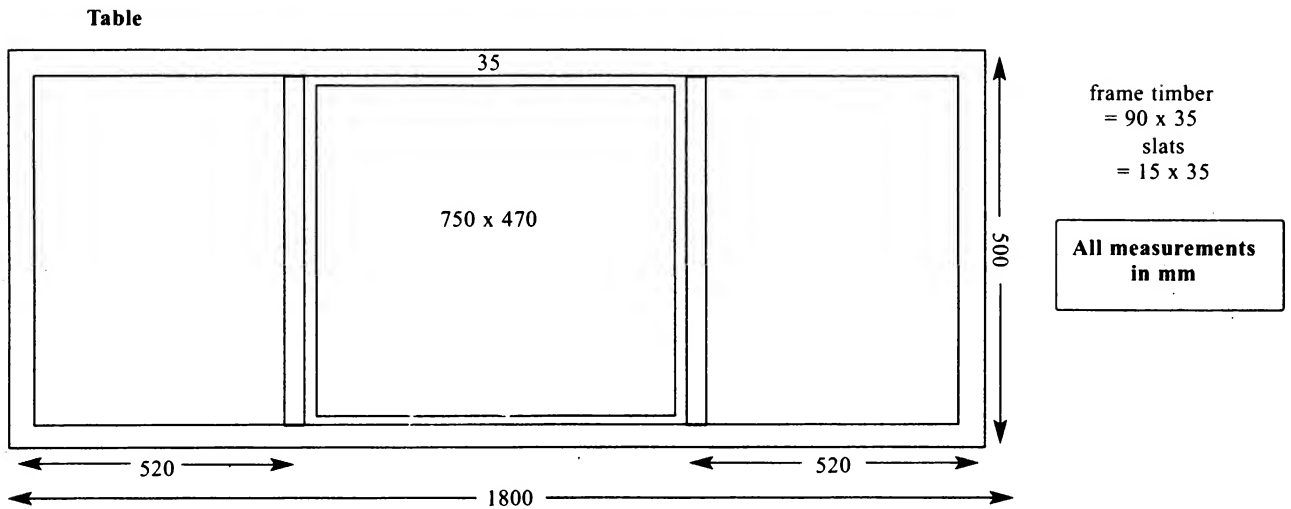
Fit armrests with cutouts into seat backs. Glue and screw into place. The armrests can be rounded off for comfort.

Fit in the table slats now. Before fastening all slats measure equal distance apart. Glue into place.

For the leg bracing, measure and cut the angles and glue and screw into place. A good sanding off of any rough edges or sharp corners is needed. A primer, undercoat and top coat will fin-

ish the project.

If readers prefer a smaller seat/bench, adjust accordingly, or perhaps a more relaxed seat angle, please adjust to suit. Some back and seat cushions can be purchased or made at home from leftover materials. Finally, I much prefer using adhesive to screws wherever I can. This does take longer waiting for it to dry, but readers can use both to save time if desired.



A CAPITAL IDEA

by Darryl McKay, Mareeba, Qld.

Okay, you've just bottled that first batch of draught, and now you're ready to cap the bottles. Right, grab your hammer and hand capper. Tap, tap, tap. That's one. Tap, tap, that's two. Tap, tap . . . crack! Oops! Have to clean that broken bottle up later, better get on with the rest. If you're lucky and get the knack, you might only lose a couple more, and you'll still be able to enjoy that first batch in a few weeks anyway. Sound familiar?

When I first started home brewing, it soon became apparent that I was going to break more bottles than I wanted to. After looking at the commercially available capping machines, which sell for between thirty and fifty dollars in Queensland, I decided to make my own. Before I put down my second batch I'd made my own bottle capper, and I'm still reaping the rewards today.

I like to do things quickly and simply. First I asked questions. I drew on other people's experience, as well as looking at photos and drawings and playing around with my own ideas. The capper I made cost me less than \$6. If you're any good at scrounging, it could cost you even less.

The best place to start is with scrap metal dealers. You can get offcuts of all materials there for a fraction of the price you'd pay at new steel merchants. I constructed mine from steel for two reasons: (a), I can weld, and (b), I wanted rigid materials. I won't say my design is better than any others, but it works for me and maybe you could modify it to suit your own needs.

MATERIALS

- 25 mm box section steel (RHS), 1.6 mm wall thickness, 750 mm length
- mild steel flat bar or plate, 10 mm x 150 mm x 225 mm

This is the base plate

- 25 mm x 3 mm flat bar x 90 mm
- 1 bolt 10 mm diameter x 50 mm long plus wing nut, flat washers and spring washer to suit
- 4 x 8 mm bolts and nuts to fasten

the base to your bottling bench

- the metal dome from the hand-capper in the fermenter kit plus a metal self-tapping screw to suit

- two plastic chair tips to suit the RHS (optional)

- 3 mm insertion rubber, 100 mm x 100 mm, and some contact cement to fix it to the base

Insertion rubber is available from some hardware stores or tool suppliers. It's also commonly used in industrial applications.

My design consists of two main parts: the base with a post welded to it, and the handle which caps the bottles. The handle pivots on holes drilled in the post and supplies the leverage for the downward force to complete the capping process. This is how I put it together.

CONSTRUCTION

Step 1

I drilled holes equal distances in from the corners of the base plate to bolt it down to my capping bench. You can

drill these any size you like; the idea is to fix it solidly to your bench.

Step 2

Cut the 25 mm RHS into two pieces, one 350 mm long and the other 400 mm. The 350 mm piece is the post, the 400 mm piece the handle. Place the post at one end of the base plate about 20 mm in from the end and along the centre line of the plate's long axis. Now weld the post perpendicular to the plate in this position.

Step 3

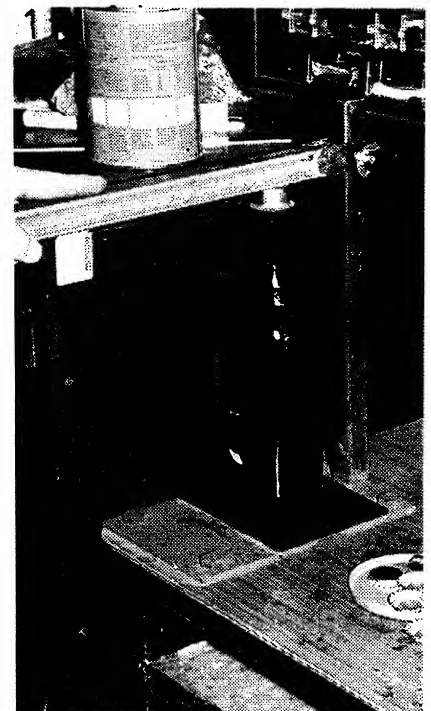
Cut the 25 mm x 3 mm flat bar into two 45 mm long pieces. In both of these pieces, drill a 10 mm hole for your bolt 10 mm in from the end, again on the centre line. Then weld these two pieces on either side of one end of the handle, leaving the ends with the holes protruding 25 mm. What you've got now is a clevis.

Step 4

The next step is to attach the capping dome to the underside of the handle. That is, the clevis you've just welded



Starting the capping motion.



Completing the capping process.



The finished product.

on will be vertical while the dome will be attached facing downwards. Drill a hole to suit the self-tapping screw 65 mm from the clevis end of the RHS. This will ensure that your bottles will clear the post.

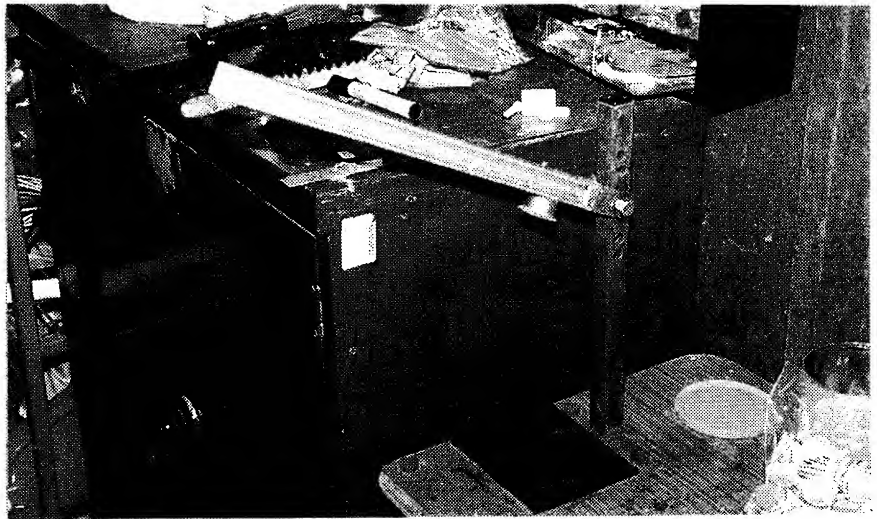
Step 5

The last really important step is to set your handle to the post. I did it this way: Position a bottle on the base. Then sit the capping dome on the bottle *without* a cap. With the handle level, mark the position of the clevis hole centrally on your post and drill through. Now slip the bolt through and it should pivot up enough for you to get a bottle in and out.

It's important to be accurate when marking out your holes, but as long as you're within a couple of millimetres either way, you should be okay. I have holes drilled at different heights for various 750 mm and 375 mm bottles. To give you some idea, I've drilled holes in the post at 219 mm high for stubbies and 304 mm high for tall bottles, these being the most common height of bottles that I use.

Step 6

Finally, glue the piece of insertion rubber to the base. This will give the bottle something to press down onto with-



The assembled bottle capper showing various holes drilled for different bottles.

out breaking it – something we set about to avoid! For safety, I used plastic chair tips to cover the ends of the RHS, but if you want to keep welding, then cover it with steel and grind off any burrs and weld dags.

IN ACTION

Carry out a couple of dry runs with empty bottles to test the effectiveness of this device. I've found that an indication of a good seal is a neat circle pressed into the cap by the rubber in

the capping dome itself.

I estimate that my total capping time takes approximately five to ten minutes and I haven't broken a bottle since my first brew. Let's face it, you're only bottling one batch at a time. You're hardly going to put Carlton United out of business now, are you? You may even wonder how you got along without one in the first place.

Previously published in *Ausbeer*, No 14, July 1997.



TREES FOR LIFE

With over 10,800 members, Trees for Life raises almost 1.5 million local native seedlings in members' backyards each year over summer, and looks after 220 bushcare sites. Trees for Life started in 1982 and is a non-government, nonprofit community

organisation set up to revegetate South Australia and its native bushland. One membership costs only \$33 and will help raise 150 seedlings, as well as contribute to caring for remnant patches of bushland. Call 08-8372-0150 to find out more.

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CONCRETE CANCER

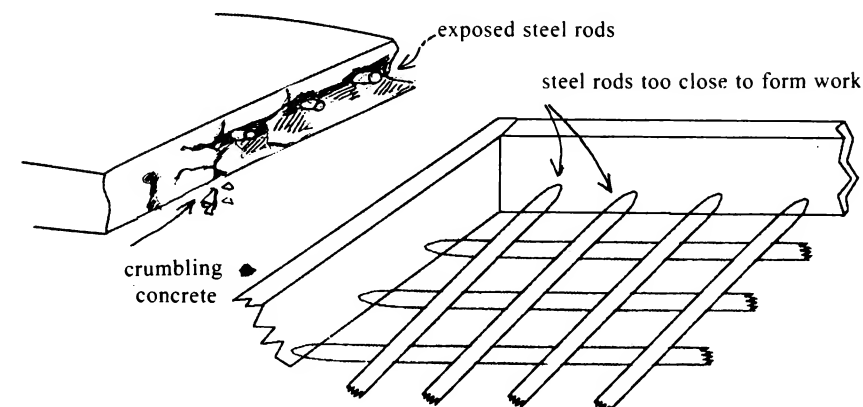
by Kel Connell, Karuah, NSW.

Chemical reaction often has damaging effects on steel, concrete and other building materials, which a competent design engineer should allow for, and job supervisors, builders and inspectors should be aware of. Shoddy work can be the cause of costly repairs and often the victim does not have finance to fight the issue in court. The best protection is often foreknowledge.

I have seen builders doing the wrong thing and adamantly stating it is correct in a dogmatic, don't-argue-with-me manner, when I have tried to explain that steel, unless galvanised, will corrode if exposed to air, more rapidly so if near the sea (corrosive atmosphere). Slower corrosive action occurs inland and in hot areas (less salt and less oxygen), but still oxidation occurs. A builder may appear confident as if he knows it all – that is poor consolation when, years later, costly repairs are required.

When I commented about shoddy concrete work to a construction engineer at a Sydney building site, he appeared unconcerned and spoke of 'designed obsolescence'. The economics of demolition is a design consideration in some buildings. The owners' financial investment is recouped after two to three years of rental payments. After that it is all profit. Progress is so rapid now that many buildings have an expiry date. In fifty years time they may be obsolete and have to be demolished. If we make them too strong, it costs more to build and more to demolish!

I am concerned this type of thinking may influence attitudes to construction techniques on home building. Concrete is the most widely used material in building and construction in Australia, also where much shoddy work escapes detection and structural damage may not be obvious for ten or twenty years, when concrete cracks occur due to expansion forces or the reinforcing steel rods corroding. Once the reinforcing steel rods begin to corrode, the corrosion may be slowed down, but cannot be stopped; like a cancer it eats its way



into the concrete, slowly, insidiously expanding, weakening, cracking.

In situations where unprotected steel is exposed to the air (paint is not a corrosion protection), the iron oxide (rust) expands and flakes off, away from the steel, and is washed away. When the steel is inadequately encased in concrete, the expansion caused by iron absorbing oxygen is restricted by the concrete and internal pressures eventually crack the concrete. (Corroding steel produces 63 times its own volume of iron oxide.) As cracks in concrete allow water to contact steel, also exposing reinforcing steel rods to air, corrosion is accelerated.

Aren't steel rods supposed to reinforce the strength of concrete and minimise expansion cracks, improving its structural strength, load bearing, and termite protection? Demolition workers can also verify that steel rods appear preserved (as-new) showing no sign of rust after years encased in concrete. Then why is it that steel rods intended to strengthen concrete, can also be the cause of concrete failure, often referred to as concrete decay or concrete cancer? And how does the decay (corrosion) start?

Pure iron is rather brittle. Alloyed with carbon it becomes tougher and is called steel. Carbon attracts oxygen, which combines with iron, forming iron oxide (rust); so the tougher steel, richer in carbon, corrodes more quick-

ly than pure iron. The internal environment of concrete is neither acidic nor oxidising, so the steel reinforcing rods are preserved, providing they are adequately encased by concrete. The iron in the steel rods requires oxygen contact to form rust.

The problem of corrosion occurs when steel reinforcing rods are positioned too close to the concrete surface. Oxygen is conveyed to the steel rods when moisture (rainwater) is absorbed by concrete. Corrosion expands, and, although it happens slowly, it resembles a slow explosion, the forces becoming strong enough to crack the outer edges of the concrete slab. Weldmesh and reinforcing rods should be cut and positioned so they have 50 millimetres of concrete cover over their entire area (minimum). Also, concrete

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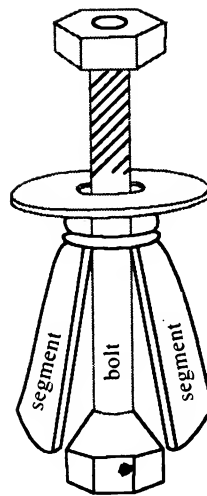
should be vibrated while wet, immediately after pouring, to prevent air pockets being trapped within the drying concrete (honeycombing).

I know of a block of expensive units close to the beach. The concrete slab floors of the units project beyond the front brick wall to become a patio slab floor. After several years rust stains appeared, equally spaced around the outer edge of the patio floor slabs, which may have caused some concern to unit owners/residents. The rust stains could only have originated from the weldmesh or reinforcement rods not having sufficient concrete coverage. The stains, spaced at approximately 15-centimetre centres, obviously matched the reinforcement rods or weldmesh.

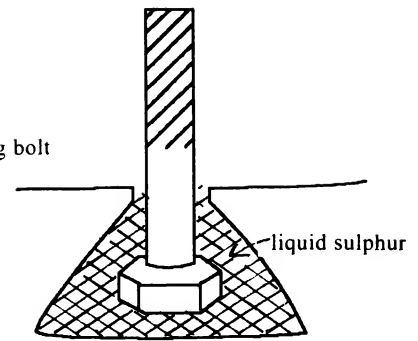
The outer edge of the concrete slabs was chipped and cement render applied. Not good enough! Fresh cement will not bond to dry concrete, an air gap will persist. Corrosion continued and reared its insidious head once again a few years later. The rust stains reappeared.

What was the owner-manager to do, to stop this creeping insidious menace? Demolish all patios, and construct steel beams to support each patio floor, form up and pour new concrete floor slabs? The cost would have been considerable. Painting over the rust stains with brown paint only camouflaged the situation, storing up problems for the future. Paint, of course, requires evaporation to harden. Evaporation creates minute pores which permit air (oxygen) to enter below the paint, so corrosion fed by oxygen continues. As you read this, corrosion is creeping and expanding within the patio floor slabs with no visible rust stains. By the time corrosion wreaks its havoc the original builder may be out of business or have passed away. Also, as corrosion is the destructive force, aided by oxygen and accelerated by salt in the air, it may be proven in court to be the result of concrete decay, concrete cancer, natural elements, or an act of God.

As corrosion effects take many years, it favours the original builders. 'Natural elements' or 'concrete decay' appear to be reasonable explanations after such a long period of time. Who would suspect corrosion to be associated with human error? Most other causes of concrete failure are readily



steel expanding bolt



detectable and easily proven:

- Inaccurate mixing of ingredients.
- Poor quality aggregate or cement.
- Too much water, or too little, in the mix.
- Dirty or incorrect sand.
- Pouring on a dirt base.

Corrosion is an inbuilt invisible obsolescence with disastrous results.

Steel rod or mesh with insufficient cement cover to protect it from corrosion should be zinc coated (galvanised). Galvanising is zinc coating using the galvanic method, named after its inventor, a Mr Galvin. Zinc is self-sacrificing, protecting steel from oxidation (rusting) by sacrificing itself. Extra care in cutting and positioning steel reinforcement in the construction stage, or in some cases using galvanised items, may save expensive repairs later.

Expanding bolts are another way of introducing corrosion inside concrete. The old method of making a pyramid-shaped hole, filling it with liquid sulphur and inserting a galvanised bolt, is difficult to beat. It takes longer, but, no corrosion. Sulphur expands as it cools and hardens, locking the bolt head tightly in the hole.

The expanded steel mesh used in window and door openings in straw bale home construction with just four centimetres of cement render is a consideration for galvanising, to prevent later corrosion cracks. Likewise, the tension rods used to compress straw bale walls in load bearing structures.

Allowance for threads is often overlooked, a $\frac{3}{8}$ inch diameter rod becomes $\frac{1}{4}$ inch diameter rod when threaded.

Learn to look at concrete. When

you see crumbled edges with exposed rusty rods it is the result of shoddy work, neglect or lack of know-how. It is not decay. Question any builder who refuses to debate the effects of corrosion in concrete and attempts to cover up his lack of knowledge with dogma. Remember you are paying, and also may have to sue or pay for repairs in 10 years time. Rust versus human error also occurs in welding and engineering but that is another story.

CAUSES OF CONCRETE FAILURE

- Oxidation of reinforcing steel due to exposure to air, inadequate coverage, or ungalvanised exposed steel.
- Fractures due to reinforcing steel wrongly placed, inadequate support.
- Weakened concrete due to dirt contamination, incorrect mix sand/cement, too wet mix or too dry, overworking, faulty aggregate.
- Honeycombing due to bad design, faulty work, no vibration (air pockets within concrete).
- Design faults due to cost cutting, inexperience.
- Surface fractures due to drying too fast, using old cement.
- Shrinkage cracks due to reinforcement steel not used, no expansion joints, designed notch affect (unstable), concrete area too large (inadequate support).
- Sandy surface, overuse of steel float.
- Crumbling around outer portion of slab due to expansion of corroding steel too close to concrete surface (less than 50 millimetres). Also, the use of ungalvanised steel bolts which corrode and expand.
- Weak concrete when using readymix due to too long in the mixer. Mix it quick and use it quick. If using readymix ask for early morning delivery.

WHAT'S ON

With the onset of spring and the early start of daylight saving, here are some great reasons to get out and about while expanding your knowledge base, or simply supporting the community over the coming months.

SEED SAVERS CONFERENCE

This year's Seed Savers Conference is being held on the weekend of 11 and 12 November at the University of NSW, Sydney. The focus will be on new developments in seed saving, organic gardening and food issues and features a number of key speakers, workshops and demonstrations. In addition, on 10 November there will be a one-day seminar, 'Seeds, Greed and Misdeeds', with Phillip Adams as the keynote speaker on issues around seeds and genetic engineering. For more information on the Conference contact the Seed Savers Network on 02-6685-7560, or Action for World Development on 02-9212-5275 for more details on the seminar.

KALLISTA COMMUNITY INAUGURAL ENVIRONMENTAL FESTIVAL

Kallista's Community Environmental Festival is being held on 19 November in the Kallista Primary School grounds from 10am to 4pm. Visitors can enjoy Sherbrooke Forest ranger walks, a school permaculture garden, lectures, entertainment, displays, information and homemade/grown produce. For more details contact 03-5968-4451.

GREEN LIVING FAIR 2000

Canberra's Green Living Fair has been designed to help the urban dweller live a more ecologically integrated lifestyle and includes lectures, demonstrations and products. This year it is being held on Sunday 15 October at the ROCKS site in Canberra City. Entry is free. Contact Urban Ecology ACT on 02-6262-6064 for more information.

THE BASICS OF BIODYNAMICS

This is a hands-on beginners course in biodynamics that runs from 21 to 22 October at the CB Alexander Agricultural College, Tocal. There will be a number of speakers and the weekend includes visits to local farms and handling biodynamic preparations. Accommodation is also available. For full registration details, please phone/fax Helen McCall on 02-4938-5308.

COMMUNITIES CONFERENCE 2000

The Communities Conference is being held in conjunction with the Blooming Arts Festival from the 22 to 26 November at Crystal Waters Permaculture Village, Maleny. Each day of the Conference features different aspects on the theme of creating vibrant culture, such as economics, design and eco-issues. The Arts Festival provides opportunities to explore creativity through performance, crafts visual art and music. Phone 07-5494-4887 for full registration, cost and program details.

GENE MODIFICATION TALK

Geelong Organic Growers have invited Bob Phelps from GeneEthics to speak on issues concerning genetically modified foods. The event will be held at the Geelong Historical Records Centre, 51 Little Malop Street at 7.30pm. A light supper will be supplied and entry is a gold coin donation with profits going towards GeneEthics. For more information contact Trish Jardine on 03-5223-2407.

AND ALSO

Solar 2000

The 38th annual conference of the Australia and New Zealand Solar Energy Society and is being held from 29 November to 1 December. Contact 07-3844-1138 or visit their website for more information www.icms.com.au/solar2000

Australian Kindness Week

From 6 to 17 November. Contact the Kindness Movement on 02-9437-5300, or check out their website for inspiration and ideas, www.kindness.com.au

Mind Body Spirit Festival

Taking place in Sydney this year from the 2 to 5 November at the Sydney Exhibition Centre, Darling Harbour. Telephone 02-9552-6833 for a free program.

Arbour Week Tasmania

Running from the 9 to 15 October, contact Greening Australia on 03-6223-6377 for more information.



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FOCUS ON HEALTH

Our health hints are sourced from a variety of publications for your interest. We are unable to vouch for their efficacy. It is essential to consult an appropriate practitioner for serious health problems.

ST JOHN'S WORT

Concerns have been raised recently by articles in popular medical journals about interactions between pharmaceutical drugs and St John's wort. It would appear that St John's wort, by increasing the action of the cytochrome P-450 enzyme system, has the capacity to speed up the breakdown, and therefore the elimination, of some substances, including prescribed chemicals and drugs, in the body.

Russell Setright, Blackmores Naturopathic Director, says St John's wort is an effective herbal medicine for the treatment of mild to moderate depression, with an excellent safety profile. 'However, some drugs such as immunosuppressant (cyclosporin), anticoagulant (warfarin) and antiviral (indinavir) drugs need to remain active in the body for full therapeutic effect. Therefore, people taking St John's wort need to inform their health practitioner so their drug dosage can be adjusted. In some cases, such as a patient concurrently taking selective serotonin re-uptake inhibitors (SSRIs) with St John's wort, there may be a need to discontinue the herbal medicine while undergoing this type of drug therapy.'

MORE CITRUS

We need to eat more citrus fruits to protect against cardiovascular disease, cancers and neural tube defects. Citrus provides a fat-free source of vitamin C, dietary fibre, folate, potassium and several phytochemicals.

VITAMIN C AND HEART DISEASE

British and American doctors are disagreeing over the role of vitamin C in preventing heart disease. A report from a recent conference in San Diego, USA, stated that supplementation with vitamin C could cause thickening of the carotid artery. Russell Setright, Blackmore's Naturopathic Director, agrees with leading doctors that the outcomes from this conference have been misinterpreted. He believes that this study confirms previous studies that have found an improvement in the elasticity of the arteries following vitamin C supplementation. Setright says, 'Increasing the thickness of the middle layer of the arteries can be beneficial. This is the elastic layer, which is rich in stretchy collagen and connective tissue, and vitamin C is required by the body to produce collagen. Improving the elasticity (thickness of the elastic layer) of the arteries is a big step in reducing the incidence of certain types of cardiovascular disease.'

CATNIP AND ASTHMA

Scientists have found that catnip contains a substance that is a powerful cockroach repellent. The same chemical, nepetalactone, in catnip that intoxicates cats can be used at one percent of the strength of deet, and could be developed as a nontoxic approach to repelling cockroaches which have been linked to rising rates of childhood asthma.

MILK PRODUCTS AND CHILDHOOD CONSTIPATION

Great Ormond Street Children's Hospital in London has reported a study in which a number of children with serious laxative-resistant constipation for which no physical cause could be found, improved considerably when changed to a diet excluding cows' milk.

SALT AND OSTEOPOROSIS

We all know about too much salt being bad for our hearts, but American nutritional researchers are now saying it could also be a risk factor for osteoporosis. They are recommending that post-menopausal women eat less salt and increase their calcium intake.

SMELLS AND HEALTH

Frequent use of aerosols and air fresheners may make babies and pregnant women ill. British researchers have found evidence that chemicals in these products could be linked to headaches and depression in mothers, and ear infections and diarrhoea in babies. Aerosols and air fresheners (also hair sprays, deodorants and furniture polish) contain dozens of volatile compounds such as xylene, ketones and aldehydes, which can be toxic in high doses.

INNER CALM

Knitting, crochet and embroidery are just as effective as meditation, yoga or chanting in triggering the body's relaxation response.

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Contact Russell on 07-4041-4375 or mobile 0410-780-238.



Blissful Bath Bombs

by Brenda Nazzari, Pinjarra, WA.

I don't know if you remember these, but years ago they were called bath cubes and were small blocks. I make them in an old ice cream tray. Any mould will do, whatever shape you want to make. They are great for gifts or for self-indulgence.

MATERIALS AND EQUIPMENT

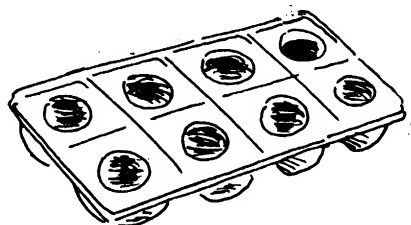
- bowls, large, medium and small
- moulds

If making the large round ones seen in shops, this recipe will make four bombs. If using an ice block tray, it will make 12 blocks or one tray.

- 1½ cups bicarb soda
- 1 cup citric acid
- food colours
- essential oils

TO MAKE

Sift the carb soda and citric acid into the large bowl, making sure these two ingredients are well combined.



Transfer ½ cup of this base mixture into the medium bowl, set this aside. Wipe around the moulds with oil. Have these ready.

Colour Combinations

Orange: In a small bowl mix together 6 drops orange essential oil, 2 teaspoons almond oil (or other odourless oil), 5 drops red food colouring, 7 drops yellow food colouring. Mix well.

Lemon: 6 drops lemon essential oil, 2 teaspoons carrier oil, 15 drops yellow food colouring.

Lime: 6 drops essential oil of lime, 2

teaspoons carrier oil, 15 drops green food colouring.

White: Leave white, add 6 drops of any essential oil.

Mixing

After mixing the colour and fragrance combinations, in the small bowl pour the oil mixture into the ½ cup base mixture. Stir very quickly so the mixture doesn't start to fizz. Continue mixing with the fingertips, working the oil mixture and colour in until colour is even through the mix and it starts to come together and stays compressed when squeezed (about 30 seconds).

Press the bomb mixture into the mould, ⅓ at a time. When full, bang onto a surface to get the bomb out of the mould, leave to dry for 24 hours. Wrap in cellophane or other paper. Don't leave mixture in mould or it will set in there. Repeat procedure until all the mixture is used up.

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GROWING AND USING THE CHOKO

by Susan Hands, Innisfail, Qld.

In the Depression years many families lived on choko and pumpkin, both useful, versatile vegies, and, in most areas, prolific producers and easy to grow. Most gardeners are only too familiar with the many uses of the pumpkin, fewer realise that the choko too can be boiled, baked, fried, or turned into a pudding.

GROWING THE PLANT

The choko plant differs somewhat from other cucurbits in that the vine is perennial and is grown on a trellis, fence, or host tree (make sure it is a strong tree). If you are hoping to grow the plant commercially, a trellis around two metres high with wire stretched across is by far the best method.

Whole fruits, with a shoot showing, are placed about ten centimetres into the soil at an angle of about 45 degrees, with shoot end downwards so that the shoot is just at ground level.

The choko vine will appreciate a good feed of mulch or stale chicken manure, especially in spring when the new growth begins, and again in mid-summer when the fruit sets.

When the vine is well established two crops will be produced each season, sometimes in a good season the vine will produce a few more fruit out of season. They should be harvested as soon as they are fully developed as old chokos are too tough to eat.



Hints

- Don't grow your choko vine where the cows can reach – and cows can reach an awful long way under or through a nonelectrified fence.

- Don't grow your choko vine on a tree that leans over the house. Not only will the fruit drop on top of your roof, usually at two in the morning, but the possums will come along to enjoy the feast, also at two in the morning.

- Do grow your vine where it gets a regular, almost daily, supply of moisture.

RECIPES

Fried Choko

1 or 2 chokos
breadcrumbs
1 egg
oil

Peel and boil chokos in salted water. When just soft enough to cut, take out and cut into slices. Dip in egg then roll in breadcrumbs and fry till golden.

Choko Pudding

2 or 3 chokos
1 cup plum jam

Slice and boil choko until tender, mix with jam and place in the bottom of greased baking dish. Pour batter on top and back in moderate oven until golden brown, usually 20 minutes.

Batter

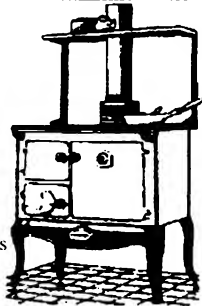
2 tbsp butter
½ cup sugar
1 egg
1½ cups SR flour
½ cup of milk

Cream butter and sugar, add egg, mix well. Add milk and sifted flour.

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CHEESE MAKING

by Michel Dodel, South Tabulam, NSW.

I began this series on organic dairying and dairy products with a discussion on the benefits of organic milk and the composition of milk (GR139). Last issue I wrote about cream, butter, sour milk products and fresh cheeses, with instructions for making some soft cheeses and for preserving cheese. This time I'll give you some guidelines for making your own semi-hard and hard cheeses, along with detailed instructions for a semi-hard 'Swiss Alp'-type cheese. Anyone who decides to give it a try will be well rewarded with a delicious healthy product.

GENERAL GUIDELINES

In addition to your fresh milk you will need: rennet, cheesecloth, a thermometer and cheese forms or rings that can withstand some applied pressure.

The milk you are using must not come from silage-fed animals and must never have been cooled below 10° C. It has to be either raw (preferably between three and twelve hours old), or gently pasteurised. These criteria, of course, exclude shop milk. In NSW where it is unlawful to sell raw milk, it seems necessary to own dairy animals if you want to make your own hard cheeses!

Pour the milk (I recommend to use at least 10 litres) into a suitable large saucepan and add two to three percent by volume of starter (live bacteria-containing yoghurt, buttermilk, or any commercial or homemade starter culture). For ten litres of milk, for example, you will need 200 to 300 millilitres of starter. Leave the milk at room temperature (around 20° C) for 30 to 60 minutes (incubation period). Then warm the milk slowly and steadily, while continuously stirring, to 25 to

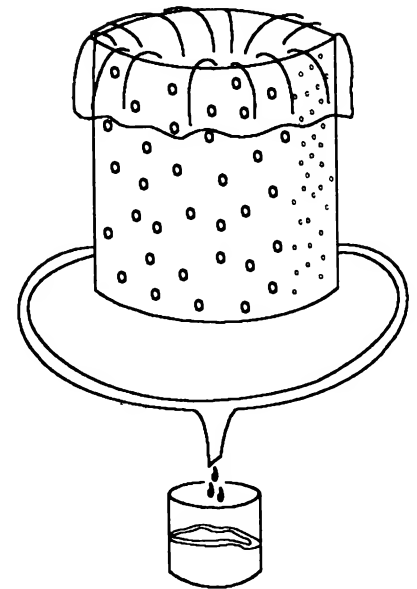
35° C and add the 'right' amount of rennet. The 'right' amount will coagulate the milk within 15 to 75 minutes, depending on the recipe you are using.

After the 'knife test' (as explained last time, GR140, p59), cut the curd with either a cheese knife, or any other long knife, into 20-millimetre-wide cubes. Cheese knives can be bought commercially or are easily handmade with thick wire.

However, you can cut the curd with any long enough knife using the following method. Insert the knife blade through the curd to the bottom of the container on the side opposite you and draw the blade towards you. Repeat every 20 millimetres so that now you have a row of parallel cuts. Give the container a quarter of a turn and repeat. Then insert the knife at a slant and cut the curd pillars from left to right into cubes! Let the curd stand for 10 minutes to allow the whey to separate.

If you cut too early, you will get 'cheese dust', not a clear separation of whey and curd; cut too late and the yield will be smaller and the curd starts tasting bitter. Now heat to raise the temperature to 35 to 45° C, depending on the recipe. During this time stir the curd *very gently*, using your cheese knife or a whisk, in order to produce evenly sized curd kernels. From now on the process becomes very recipe specific. In any case, the curd will shrink with rising temperatures – the warmer the curd the harder the cheese will be. Keep stirring the curd until the desired size of curd pieces is achieved. This process should take between 20 and 30 minutes. Now remove the curd from the whey with the help of a sieve and forms laid out with cheesecloth.

Draining the Whey

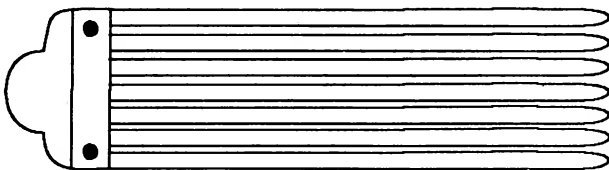


After 5 minutes, the cheese has to be turned over. That means you need another cheesecloth, lie it over the top of your form and flip everything upside down, then pull out the old cheesecloth from underneath! This procedure has to be repeated after 20 minutes, 40 minutes, and then once more after about six hours. Then take the cheesecloth out altogether and leave only the cheese (and your means of pressing) in the forms.

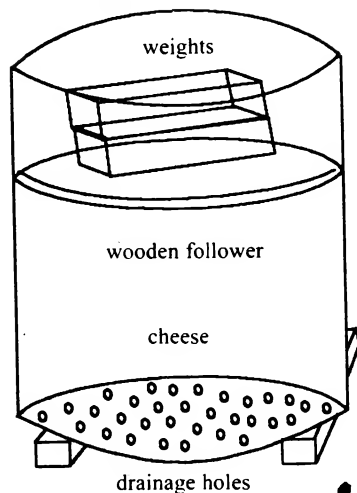
The cheese has to be pressed during all these stages, from the first turnover on, for 24 hours continuously! Depending on your recipe, usually between 2 kilograms and 20 kilograms of pressure is required. Try to maintain an even temperature in the room (between 11° C and 24° C) and cover the cheese at all times!

After 24 hours we salt the cheese. First, cover the top and the edge with a thin layer of coarse textured salt. The next day turn it carefully over and salt the other side and the edge again. From now on turn the cheese once a day and wipe it down with a clean, moist cloth. After 10 to 14 days the cheese will harden on the outside, turn yellow and

Cheese Knife



Cheese Press



develop a cheese rind. During that time, and from now on, the cheese needs to be stored in a room with a temperature between 10° C and 15° C and a humidity level of 90 to 94 percent. The cheese will be good to eat after three months, but longer storage will ripen and improve it further! The required storage conditions, of course, are very difficult to maintain in our part of the world, so alternatively you can wax your cheese. After 14 days the cheese should be dry enough to do so, if not, you can 'fast dry' it in the fridge for another day or two. But you can't ripen your cheese in the refrigerator, it is too cold and dry!

It is worth mentioning that there is a third way to warm the curd, besides a waterbath or a direct heat source. Once the curd is cut and has separated from

Turning Times & Pressures				
Turn over after . . .	5 minutes	20 minutes	6 hours	24 hours
and apply pressure . . .	3 kilograms	5 kilograms	5 kilograms	8 kilograms

the whey we replace the whey, taken out with a cup or ladle, with hot water, thus warming the curd. The more whey you replace with water, the softer the cheese will be, as you dilute the lactose in the remaining whey.

It becomes obvious that small changes in temperature, timing, applied pressure and added water are causing big differences in the final product. Whatever recipe you use, sound hygiene and a slow, steady supply of heat are very important, as are the correct temperatures and humidity levels during the curing process.

The following recipe is for an 'Hp-cheese' from Switzerland. In our warm climate, I'm able to make this semi-hard cheese only during autumn, with the assurance of a few cooler months for the curing process.

'SWISS ALP' CHEESE

You can use either cow or goat milk, or sheep milk, or a combination of them, but not more than 35 percent sheep milk!

- Add three percent by volume of starter culture to room temperature milk and leave for 45 – 60 minutes.
- Warm to 31° C, stirring continuously.
- Add rennet.
- After 45 to 60 minutes cut into two-centimetre-wide cubes.
- Leave 10 minutes.
- Very slowly warm it to 38° C, stirring with a whisk until the curd is the size of corn kernels. Bigger chunks of curd can first be broken with clean hands!
- Keep it at 38° C for 20 minutes, always stirring otherwise the curd will start sticking together.
- Take the curd out and fill it into forms or cheese rings laid out with cheesecloth.
- See chart above for turning times and pressures.
- Salt the cheese after 24 hours, 36 hours, and maybe once more another 12 hours later.
- Wipe the cheese with a clean, moist cloth daily, until cheese rind forms (10 to 14 days).
- Store for 3 to 12 months at 10 to

15° C and 90 to 95 percent humidity!

Troubleshooting

The yield is too low: The curd was cut too early, wait longer and do the 'knife test' before you cut. Also check the required temperatures and amount of rennet/starter culture added.

The cheese is too sour: Use higher temperatures and accelerate the process of coagulation, then keep a lower temperature while draining the whey. Also make sure the milk is not too old.

The cheese is not sour enough (bland): Check your starter culture, increase incubation period. Milk from silage-fed cows causes cheese not to turn sour.

The cheese is too bitter: Probably too much rennet was used. It should take at least 45 minutes before the curd is cut. If the curd is 'cut ready' before that time, the whey will be tinged green instead of yellow green, telling us that we are in the process of making chook fodder at worst, cooking cheese at best. Also check your starter culture; to make good cheese we require the help of a healthy amount of lactic acid bacteria. Antibiotics in milk will cause bitter cheese.

Coli-bacteria: The curd will swim on top of the whey and bubbles are visible. The curd looks 'spongy' and tastes very bitter – good for chooks only! Reasons for this are most likely unhygienic conditions somewhere between the udder and the final milk containers. Check the cleanliness of your equipment and follow hygienic procedure guidelines. Have your water tested!

Metallic taste: Damage in the alloy of the container. Don't use aluminium or damaged ceramics.

No cheese rind after 10 days: Too little salt was used – just salt again.

Cheese goes mouldy: Check the cheese moulds and use a new cloth for wiping the cheese with. Wash the moulds off with vinegar, but avoid spreading them.

Damage caused by flies: Maggots in soft, watery cheese. Flies and cheese don't mix. Make sure the cheese is covered at all stages and the storage room is fly, rat and mouse proof.

Next issue: self-sufficiency with milk.

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WHAT'S SPECIAL ABOUT YOUR LOCALE?

More readers' stories about the area they call home.

FERNTREE GULLY

by Marg McGrath, Ferntree Gully,
Vic.

In 1983 we came to Ferntree Gully for a semi-rural lifestyle with city facilities, and fell in love with the area. It inspires me, as it does many artists. Ferntree Gully is named after an 1857 painting by von Guerard. Arthur Streeton lies in our soil.

A trusting lyrebird gave me a secluded concert last week, beside a leafy plaque reminding people of the privations our boys endured along the Kokoda Track in World War II. A grounding yet euphoric experience.

In 1997 I saw undiscerning flames of a bushfire from the back verandah. Scores of fire trucks, a funereal conga line up a deserted highway, disappeared into the forbidding smoky hell. Unasked, unexpected and largely unthanked, risking their lives for strangers. This forever reinforces my faith in human nature. Tragedy cements communities, so we stay.

The ambience and the volcanic soil attract *Grass Roots* people. I look over the utopic garden to the city 35 kilometres away and enjoy every kaleidoscopic sunset. Daily, joyous kookaburras wake me and gregarious cockatoos and crimson rosellas frolic. My friends are Hills people, also, mercifully, lacking city sophistication, just don't tell them that! The spirit of the Gully epit-



omises the spirit of Australia for me. Yep! The Gully's beauty comes at a price, but my heart can never leave.

Above: Cockatoo power on the verandah at Marg McGrath's, Ferntree Gully.

MANNUM

by Esther Marshall, Mannum, SA.

This was once a settlement and is now characterised by a few old stone ruins and some old farmhouses which still exist in the surrounding area. There is cleared farmland, and mallee scrub, the latter of which is fascinating to explore, either by foot or bicycle as it is reasonably flat. The Murray River is about 15 minutes away – great for hot afternoons, where we go swimming, boating and sometimes fishing.

The large blocks of land are reasonably priced and suitable for those pursuing a GR lifestyle. The climate is

temperate and quite dry (300 mm), and the land is marginal, but beautiful if you love the mallee, completely different from anywhere else. It is fun and rewarding to watch and assist in revegetation of land that was once cleared. Yes, there is plenty of wildlife – including kangaroos.

Our nearest neighbours are a few kilometres away, but exchange of goods and services is frequent amongst the people. There are often fairs, auctions, country shows in surrounding areas. We go on shopping (or social) trips to our nearest towns, either Mannum or Murray Bridge, both 50 minutes away.

Adelaide is two hours away.

More over page . . . →

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BALLANDEAN

by Graham Murchie, Ballandean, Qld.

I suspect that I am like many other GR readers in that I live in this area because it was the only place that I could afford. Ballandean is at the southern end of Queensland's Granite Belt, renowned for its cold winters and its fruit and wine industries. This is a pleasant area, although my block is far from the ideal – being on the wrong side of a river prone to flooding, making access difficult at times. It is so steep that I call the place 'Vertical Downs'. The slope has a southerly aspect and the soil is thin and stony. However, I'm inclined to think that it's the challenges of a place that help to make it special.

I live in a shed built halfway up the hill and I sit in front of it looking across the river to the hills beyond. The only sounds are the birds and the wind coming up the valley. I've been here for two years now and it has been the most peaceful time of my life, so I've come to the conclusion that any place can be beautiful, it's probably more important where your head is than where your shed is.

WATERFORD

by Carole Pickering, Waterford, Qld.

Living in the busy south-east corridor of Queensland may not appeal much to many GR folk, but there are still a few pockets of sanity left tucked away on the outskirts of civilisation. Such a place is the township of Waterford straddling the Logan River. Being only



The Logan River at Waterford in flood. Normally the river bank is a delightful place to stroll along and view nature at its best.

half an hour's drive from both Brisbane and the Gold Coast, it has the added advantage of having river access to Moreton Bay and the Bay islands. Formerly on the main route south, it now sits back among farmlands and small acreage holdings.

A walk along the banks of the Logan River brings to light the variety of livelihoods and pastimes of the locals, with horses in one paddock, cows or crops in the next, deer over the way, and even the occasional camel, worm or ostrich farm.

From here also, it is a short drive south-west to access the beautiful Tamborine Mountains, with their rain-forest, wildlife and country markets. A road through Canungra at the base of Green Mountain leads to the world-

famous O'Reilly's Guesthouse, where visitors can camp or stay in the Guesthouse and soak up the absolute quiet of verdant mountain ranges. An upper-tree-level walk provides visitors with a bird's-eye view of the massive trees, staghorn ferns, and glimpses down the valley. The mountains have many kilometres of walking tracks, taking in waterfalls, ravines and thick forest vegetation, a sought-after haven for photographers and lovers of nature.

From our back verandah it is possible to look up and down the river and take in absolutely fantastic sunsets behind Mt Barney. With egrets and other wildfowl skimming over the water heading for their night-time roosts, it is a haven of peace in an otherwise busy locale.

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ROUND THE MARKET PLACE

We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

ECO-BALL SUPER CHARGED LAUNDRY BALL

Eco-balls can be used in your washing machine in place of detergent. They work by naturally producing ionised oxygen which activates molecules that can penetrate deep into clothing fibres and lift away dirt. Fibres are protected during washing and colours will not fade. The balls are environmentally friendly as they contain no harsh chemicals, making them ideal for use with septic, and rinse cycles can be shortened to save water and electricity. They are economical as each one can be reused 750 times, making the cost of an average wash just eight cents. Eco-balls are approved by Action Against Allergy (UK) as they are hypo-allergenic, and contain no soap or detergent, making them ideal for those with sensitive or problem skins. Dishwasher balls, suitable for machine and handwashing, and multi-stain remover are also available.

For more information contact: Safe Eco Products, PO Box 1350, Pearceville 3912, or call 03-5978-5024.

THE NEW OZ ORGANICS RANGE

World Whole Foods has introduced the Oz Organics range of premium quality fresh and packaged organic foods. Current products include unpitted prunes grown in Young and certified 'In Conversion' by NASAA, and three types of honey – stringy bark, red river gum and yellow box – organically produced in Victoria and certified 'A' by BFA. The range includes additional products such as coffee, olive oil, and fresh vegetables and fruit – all distributed nationally. Oz Organics is presently in the process of developing a broader range of products and is seeking bulk quantities of certified organic nuts, legumes and dried fruits. If you could help by supplying quality organic produce, Oz Organics would like to hear from you.

For more information contact: Oz Organics, Unit 2, 35 – 43 Essington Street, Mitchell 2911, or call 02-6242-4774 or 1300-653-663, or visit their website on www.worldwholefoods.com.au

SOLAR PANEL XPRESS

Solar Panel Xpress claims to have low overheads, low profits and low prices. It presently distributes a mail order catalogue containing details of a wide range of solar products. Catalogue prices include delivery on solar panels to capital city addresses in the eastern states, though there is a small charge for delivery elsewhere. The catalogue lists a variety of portable solar panels suitable for homes, caravans, campers, motor homes and 4-wheel drives, as well as deep cycle batteries, inverters, chargers, analogue meters, regulators, gel batteries and wind turbines.

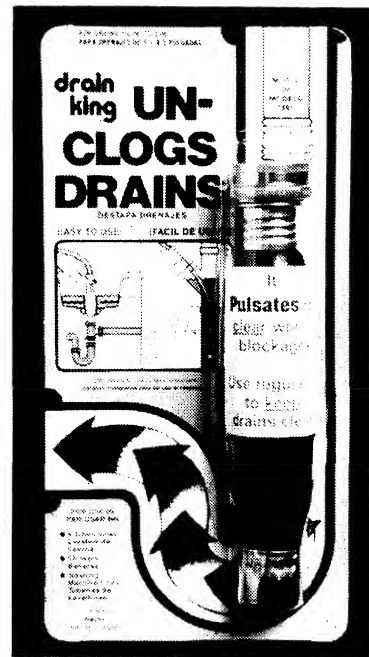
For more information contact: Solar Panel Xpress, Lot 398 Martindale Drive, Howard 4659, or call 1800-800-846.

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Drain King is a patented drain unblocker which is powered by water and doesn't use any of those

nasty chemicals. It's so powerful that it's guaranteed to shift all blockages except roots, rust or calcium build-up. Just connect it to your garden hose, insert into the blocked drain and turn on the water. Drain King will expand and lock itself in the pipe. Powerful pulsating jets of water then loosen and flush the blockage down the drain. It's also great for keeping drains clear to prevent blockages. There's a model for sinks and showers, and one for sewers and stormwater drains. There's also a special adaptor for sinks where the waste grid is not removable.

For more details contact: Handi Home Supplies, 50 Longview Court, Thomastown 3074, or call 03-9466-1611.



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By diverting the first 50 litres of rain away from your Plastank, the Rural Diverter prevents dust and debris from entering your drinking water. Best suited to tanks with a catchment area of 40 square metres or more, the Rural Diverter is the ultimate first-flush system. Another product, the Water Sorter is a self-cleaning water filter. Its sloping ridges stop leaves from adhering to the mesh and a lower conventional strainer effectively filters fine debris, while the water flow sheds debris to keep impact areas clear. The Water Sorter is available in two sizes – 255 millimetres and 325 millimetres. Finally, the Leaf Eater and Leaf Beater are designed to keep downpipes free from leaves and debris. They can be adjusted to suit different sized pipes and are insect and vermin proof.

For more details contact: Australian Rotomoulding Industries, 20 Purton Road, Pakenham 3810, or call 1800-069-046.

AQUACULTURE SYSTEMS

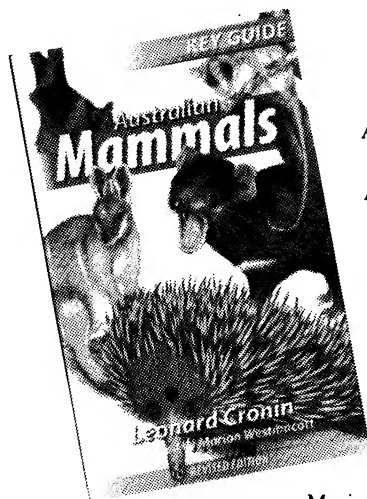
With the recent development of a new recirculating system for general aquaculture applications, stock management can be simplified, total environmental control can be maintained and water use minimised. The systems provide sediment removal, biofiltration, aeration, foam fractionation and downflow bubble contacting. Rinsing a multi-function filter unit takes a couple of minutes each day and waste must be siphoned off. The filter unit stands about 1 metre high and can be fitted to a tank of 4 metres (diameter) x 1 metre (depth). The growout period for stock is faster using this system as conditions are optimal, and stock can be harvested with less stress. Obviously, the recirculating system is more expensive to operate and maintain than other systems – a single system costs around \$10 per week to run – and requires strict management.

For more information contact: Aquaculture Systems, 8 Jess Street, Sunnybank Hills 4109, or call 04-1772-1986, or visit their website on www.ozemail.com.au/~aquasys

Recent Releases

On this page we present information about newly published books that may interest readers, with details of prices and publishers. Titles described can be ordered through your nearest bookstore.

★ FEATURE TITLES ★



AUSTRALIAN WILDFLOWERS, AUSTRALIAN TREES, AUSTRALIAN MAMMALS AUSTRALIAN PALMS, FERNS, CYCADS AND PANDANS Leonard Cronin

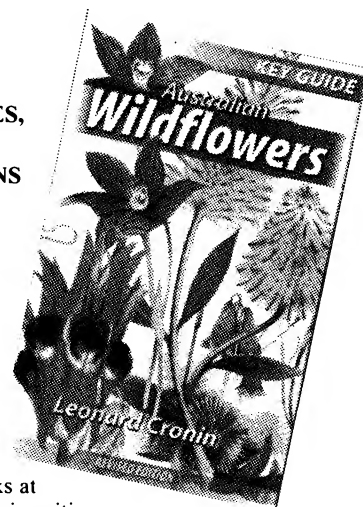
These popular reference books have been re-issued in a revised format incorporating many new and revealing facts, and using up-to-the-minute botanical names. The books are beautifully illustrated with detailed watercolour paintings by

Marion Westmacott, a respected

Australian natural science illustrator. The paintings help to provide a visual key to make fast identification of unknown plants or animals accurately and easily. These books contain plenty of

information, including details about plant habitat, leaves, flowers, fruits; mammal behaviour, diet, habitat, size and development. They are ideal reference books to take with you into the bush or on holiday, and are apparently some of the most borrowed reference works at public libraries, schools and universities.

P/b, 190pp, Envirobook, 38 Rose Street, Annandale 2038.
Ph: 02-9518-6154. RRP \$30.75.



VACCINATION

The facts, the fears, the future Gordon Ada, David Isaacs

Today there is plenty of controversy over whether or not to vaccinate your child. These authors – an immunologist and a paediatrician – obviously take the view that vaccines are safe and effective, though two of the eleven chapters cover parental concerns, and the safety and possible adverse effects of vaccines. They admit vaccines are not always 100 percent effective and can cause minor or reversible adverse reactions. The history of vaccination is traced, including the successful eradication of smallpox and polio. New approaches to vaccine development are outlined, as well as the challenges ahead with vaccines being developed for HIV, malaria and chlamydia. There is even progress being made on vaccines to control auto-immune diseases, cancer and fertility.

P/b, 241pp, Allen & Unwin, PO Box 8500, St Leonards 2065.
Ph: 02-8425-0100. RRP \$24.95.

HELP YOURSELF SERIES

Come Alive: Your six point plan for lasting health and beauty –
Beth MacEoin

Get the Happiness Habit: How you can choose your steps to a happy life – Christine Webber

Make Love Work for You: An essential guide for career couples –
Julia Cope

All three publications are constructive and useful resources for people who believe they can get more out of life. The books are positive and are based on the ethos of taking personal responsibility for our own health and wellbeing. For example, in *Get the Happiness Habit* we are told that happiness is something we must learn, it does not just wash over us all of a sudden. We are asked to answer a list of over 150 questions and then start to look at those areas that most affect our happiness and what practical solutions we can take to achieve balance and happiness in our lives. These books obviously require a bit of self-reflection, hard work and honesty, but they should pay off.

P/b, 210pp, Hodder Headline Australia, Level 22, 210 Kent Street, Sydney 2000. Ph: 02-8248-0800. RRP \$17.95.

FRUIT AND VEGETABLES AS MEDICINE

Sandi Rogers with Anne Wassnig

This great little book is now in its second edition and comes in an easy-to-use reference format. Sandi Rogers's clinical experience is obvious throughout the book. She is a trained naturopath, herbalist and reflexologist, and is Director at the National College of Traditional Medicine in Victoria. Firstly, over 100 common ailments or conditions are listed together with suggested nutritional treatments. Secondly, health information and the major constituents for individual fruits and vegetables are given, plus ways to prepare recipes that were outlined as remedies in the first section. The last three sections cover nutritional elements and their actions on the body, and the herbal teas and oil treatments that are also recommended as treatments in section one. The book comes with an extensive table of contents and, with everything listed alphabetically, it's easy to access the information you require. A free recipe book, *The Naturally Delicious Cookbook*, comes with each copy.

Spiral bound, 159pp, Natures Health Books, PO Box 496, Chelsea 3196. Ph: 1800-501-982. RRP \$25.

COLOURFUL WATER-WISE GARDENING

Lyn Phillips

This is a fully interactive CD-ROM and Lyn Phillips has done a great job with stunning colour photographs featuring perennials, shrubs, bulbs and climbers. The plants covered are mostly exotics from the drier regions of the world, along with a few Australian natives. Monthly flowering calendars group plants according to their flower colour, with details of their mature height. A click on any specific plant will give you further details on that plant's cultivation, propagation and description, plus two photographs. An easy reference chart lists plants by flower colour and highlights those that are shade tolerant. You can find out more about things like biological pest control, organic gardening practices and common plant disorders. Some people may well find the traditional book format a lot easier to deal with, but this electronic format will become increasingly common.

CD-ROM, *The Water-Wise Garden*, PO Box 47, Torrensville 5031. Ph: 08-8352-5720. RRP \$24.95, plus postage.



DOWN HOME ON THE FARM

by Megg Miller.

It's Saturday, an absolutely gorgeous spring day and the garden is calling for my attention – what am I doing? Writing! Working away as the rest of the district enjoys the first nice weekend of the season. It's not often I have the opportunity to sit outdoors with pen and paper, so just being amid trees in blossom and the sound of busy cackling hens is a reward in itself. If I'm diligent and finish up early, there will be time to repot some newly acquired herbs and maybe even whip around with the mower. Tackling yard jobs in the sun will be enjoyable after weeks of grey skies and cold weather.

I can afford to be feeling magnanimous. At long last my dam is full. For months I've been concerned over what would happen if we didn't get a real deluge. The thought doesn't bear elaborating upon. Fortunately, the August showers were followed by one decent downpour after another and the network of local creeks filled to capacity, with the overflow snakily moving out across the paddocks and into the dam. On Monday when I left for work I could just discern a sheet of water in the distance; it was a glorious sight to see it in and around the dam by nightfall. September and October are often a time of heavy rain and even local floods, you cross your fingers and hope like mad it will be really wet, but, really, who has faith in the reliability of the weather any more?

The inevitability of chicks appearing with a proud mum is something I can rely upon. I've been going around the sheds at night and collecting all the eggs, regardless of the hour. Not only

does it save some time in the morning but it lets me see which hens have illusions of motherhood. If they're popped in a boring, open-sided pen immediately, they can usually be reintroduced to the flock within a few days. The longer they sit or brood, the more days lost before they return to lay. The two brave little chicks that have appeared belong to a young pullet that's been clucking around the place since last time I wrote this column. In all that time I never managed to find out where her nest was hidden. No doubt it was under the verandah or in an equally inaccessible place, but it must have been used by other hens as it doesn't take eight weeks for chicks to hatch. The eggs surely were the outcome of another hen's efforts. The chicks continue to prosper and the pullet has proved herself a top mum.

When the chicks grow up I'm sure they'll believe they're called, 'Oh look at you'. I seem to say this with a sigh whenever I encounter them. Most of the poultry here respond enthusiastically to *get out of the way*. I suspect they rush at me when I shout it instead of moving away. There seem to be birds underfoot wherever I turn or push the feed barrow. Mush mixing of a morning is now under the direction of about eight advisors that sample each stage of mixing. If I'm not quick enough they're into the buckets scratching millmix or lucerne chaff everywhere and as for walking in and out of the shed, I have to shuffle. The only way to empty the shed is to get the scaly leg mixture out and treat a few birds – the rest immediately vanish.

There's nothing nasty in the mixture, it's just cheap cooking oil with a little kero added, not too much or it will burn their legs.

Wheeling the feed barrow around takes forever, as the eight helpers from the shed have been replaced by twice that number of ambling birds. If I didn't stop they would let themselves be run over. You can imagine what it's like. I'm late and rushing, exasperatedly shouting 'Get out of the way', and there are beaming birds jostling all around. Let's hope I don't forget myself when I'm shuffling along with the crowd outside Myer. On second thoughts, it probably is the ideal place, most of the others are rudely pushing and shoving.

The chooks remain unaffected by my ranting and unkind thoughts, in fact they're laying better than ever. As there are a couple of ravens hovering around, it can be assumed they're helping themselves to numerous eggs daily. Without their effrontery, there would be in excess of the daily two or three dozen. Too many eggs to manage by far; it's time to reduce the number of layers. I attended a self-sufficiency meeting recently and for the first time ever won the raffle. Such luck usually eludes me, but would you believe it if I said that in the box of home-produced goodies I won a dozen eggs. More eggs!

For now the situation is akin to zucchini harvest time. You take extra produce with you wherever you go, handing out cartons of eggs to all and sundry. Friends stop calling by or cancel shared activities. Thank goodness I don't grow zucchinis – what with eggs and Tommy

Coffs Harbour District \$69,000

25 Acres, old orchard (no longer productive). Fertile soil, combination cleared land and natural bush, good water, sealed road access. Owner may help with finances. Permit to build, 10 minutes to local shop school, 20 minutes to beach, 35 minutes to Coffs Harbour.

Hunter Valley \$49,000

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tomatoes, I wouldn't have the stamina to handle another glut.

The vegie garden is remarkably self-sustaining. There are still large, unsown areas that need more soil and manure, but I have been enjoying regular silver-beet, broccoli, spinach, rocket, all sorts of lettuces and herbs, an occasional globe artichoke and cauliflower. The caulies I take seriously, lavishing attention until they're ready to cut. Just as the last one of the early planting attained maturity the local supermarket ran a special - 'Caulies 98c'. All that watching, watering, pest control and soil preparation was only worth \$1? The effort made sense when I cooked it - fresh, sweet and succulent. A friend gave me a tub of home-produced honey recently and it was sensational compared to the supermarket brand I'd previously used. We do ourselves and our children a disservice by not providing some home-grown food. Nutritional benefits aside, the taste is incomparable; to be able to discriminate, younger people need to have enjoyed the taste of fresh food.

With fresh-is-best in mind, I lashed out on some fruit trees this year, and they're sitting in buckets of soil awaiting planting. There's a cherry, a green-gage plum and a couple of mulberries, plus a kaffir lime. Bronwyn, my god-child, chose a rainforest lime for my birthday, prickly thing that it is, and just the other week some chooky friends had some apricot seedlings to spare. Bearing in mind the destructive activities of cockies and their determination to sample every piece of fruit at Lucy's, my neighbour's place, these will be planted on the cordon principle so they don't grow too tall and can easily be netted. With the exception of the citrus,

they should have all been in by now. Hopefully they will cope until I've got an opportunity to dig and plant and settle them into their new home.

The trees will need some manure and compost dug in before planting, and the meagre garden would benefit from a few bags of the same mix. Sounds like hard work ahead, and one thing I've learnt is that a whole day spent digging or mowing kills me. The body protests so much I can't even sleep. A hint I discovered and am keen to try is that homoeopathic arnica drops at the prescribed dose assist the body through the overwork crisis. Arnica is fantastic for bruising and pain, but I'd never thought of using it to relieve weekend exhaustion. There are probably many other GR people suffering mudbrick backs or stone-builder's sciatica who would like to give this remedy a go as well as the gardening brigade.

Suni often teases me about my faith in natural remedies, especially those with an alcoholic base. 'Megg, are you sure it's not the drop of grog that makes you better, you know how you are when you get near alcohol?' Once, years and years ago I became talkative and loud after consuming Christmas pud that had been covered with spirits and festively ignited. I've never managed to live the occasion down. A dose of SOS remedy is my panacea for all ills, including accidents or mishaps among the poultry, and I've never noticed whether it has spirits in it or not. An extra pair of hands (or two) would be a help in the garden over the next few weeks and so I'll try my bright young offspring and see if she is available. We may both want to give the herbs and homoeopathics a miss and drown our aches in gin and tonic.

PENPALS

Hi, I am a happily married 41 year old woman. Our son has grown and moved on and I find I have a lot of spare time for letter writing now. I live at Koonoomoo, near Cobram, Victoria. My interests are painting, photography, fishing, op shopping, animals and the alternative way of living. I would love to hear from other females for friendship. So, if you have a spare moment, please drop me a line or two.

Skye

PO Box 737, COBRAM 3664.

Hello, my name is Shauna, I am 16½. I love Backstreet Boys, NSYNC and Westlife. I like photography and going to the movies, as well as shopping and Winnie the Pooh. I would like a penpal aged between 14 and 17 with blue eyes, any sex, any nationality. I would love to travel to America, Ireland and France, I like to surf the net too. If this sounds like you, go ahead, pick up a pen and write. I will reply.

Shauna

C/- PO Box 117, SEYMOUR 3661.

Hi, my name is Luke. I am looking for a penpal aged between 9 and 11 years. I like to watch and collect Pokemon, Digimon and Tazos. I also like to dig my underground cubby, and I like rabbits, riding horses, puppies and kittens. I like to ride my bike and swim in the creek. I would like a boy penpal and will answer all letters I receive.

Luke

C/- PO Box 117, SEYMOUR 3661.

Hi! My name is Jacqueline. I'm 9 years old and I would like boy or girl penpals around the age of 9 and 10. I love reading, writing, and animals, and I would like someone with similar interests to me. I'm in year 4 at school and I play the flute. I will answer all letters. Please write!

Jacqui

C/- PO Box 117, SEYMOUR 3661.



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**See page 82 for details
& include recipient's name & address**

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PROPERTY FOR SALE

NEW SOUTH WALES

PEACEFUL RETREAT, Upper Hunter Valley, 40 ac f/hold on perm river, surrounded by nat pk. Three to four b/r home, solar powered, back-up generator, combustion cookstove, heats hot water. Bore with solar powered pump, also back-up petrol pump. Gardens, orchard, abundant wildlife. \$105,000. Ph: 02-6548-2837.

URANA 100 KILOMETRES WEST OF WAGGA, lge family home, completely renovated, 3 b/rs, study, wide verandahs, new wiring, plumbing, paint, insulation, double block, heritage listed, privately owned. \$55,000. Ph: 02-6922-9166.

BARGAIN, 25 km Kyogle & Casino, power, ph, fenced 5 ac, privacy. \$19,950. Ph: Kevin, 0401-014-863.

THIRTY KILOMETRES FROM TUMBARUMBA, 297 secluded ac, perpetual lease, building permit, native bush, 10 ac cleared, crk, hydro power potential. \$45,000. Ph: 02-6948-3239.

BUSH RETREAT 25 km from Coonabarabran, 701 ac of peace & heaps of wildlife. Retire, holiday or raise a family. Four b/r mudbrick home surrounded by 9 ft wide verandahs. Solar power & Rayburn combustion stove. \$120,000 ONO Ph: 02-6842-9155.

NAMBUCCA VALLEY NSW, 177 ac, lge 3 b/r timber Queenslander, lots of fruit & nut trees, beautiful, garden, perm river through property, swimming holes, r/forest, organic for 20 yrs, currently running cattle. \$280,000. Contact owner, 02-6564-4067.

NYMBOIDA SHIRE DORRIGO, NSW, 25 ac, western red cedar cabin, crk, 1/2 cleared, r/forest. \$73,000 ONO. For info: 02-6657-8057, 0408-113-596.

MUDGE/WOLLAR 3 1/2 hrs Sydney, proven 25 ac hobby farm, spacious 26 sq home, beautiful estab gardens, ideal family lifestyle. \$128,500. Further info/photos, ph: owner, 02-6373-4312.

HOUSE FOR SALE BONALBO, NSW, 3 b/r fibro w/board home, kitchen, bathroom, laundry, electric stove, combustion stove, lounge. \$70,000. Ph: 02-6665-1263.

TABULAM - MULTIPLE OCCUPANCY - Clarence/Cataract Rivers, 6500 ac, 24 shares, 20 ac home site, part developed, 2 dams, rammed earth temporary dwelling, solar power, river frontage. \$45,000. Ph: 02-6666-1384.

THORA VALLEY, mid nth coast, NSW, organic farm, 1/4 share 55 ac. Mud brick studio on the beautiful Bellinger River. BFA certified farm producing avocados, citrus, potatoes, garlic, huge commercial cropping potential. Already established infrastructure, fencing, tractor, slasher, irrigation, shed & other farm implements. Established community orchard, own gardens for growing lush organic vegies. \$105,000. Ph: 02-4381-2244.

UNIQUE UNSPOILT FREEHOLD, northerly aspect bush block on 250 ac with a 40" r/fall in high country with a temperate climate. Good soil & a crk at the base of a valley rising up to high points of 990 m from which there are great views. All covered with a diverse range of native timber. This block is very private, peaceful & tranquil & is fully fenced, dual occupancy allowed. Tamworth 130 km, \$60,000. Ph: owner, 02-6783-1446 AH.

NEW SOUTH WALES, FAR SOUTH COAST, 10 km Cobargo, 1/2 hr Bermagui, 2 b/r red cedar house, 14 ac, 6 paddocks, stockyard, dams, orchard, solar/gas, 1 km school bus. \$119,500. Ph: 02-6493-7293.

HALFWAY KEMPSEY TO ARMIDALE NSW, 40 ac slopes. \$10,000. Ph: 03-9432-5906.

CENTRAL TILBA, 10 mins from Narooma, half share or less in 270 ac farm next to village, vision for retreat centre & community, very beautiful. Ph: David, 0401-027-209. Email: davidoliphant@au.gateway.net

NYMBOIDA, 25 ac, 44 km Grafton, river frontage, van, small sheds, covered work areas, 1000 & 5000 gal tanks, 170 f/trees. \$48,000. Ph: 02-4392-5102.

CABIN, TWO HECTARES, ph, gas, solar power, spring water, perm crk. Established community 15 mins from Nimbin. \$27,500. Call Owen, 02-6689-0091

LISMORE AREA, LARNOOK, 2 b/r house, solar, septic, 360° verandahs, starlight loft, views, 2 fertile ac, spring-fed dam, Strata Title community. \$89,000. Ph: 0412-611-259.

LISMORE REGION, unique circular timber house, & self-contained cabin on landscaped 2 ac Strata Title. Fruit trees, dams, outbuildings. Easy access to schools & bus routes. \$79,950. Contact: 02-6633-7012.

TUMBARUMBA, 40 ha + 2 b/r BV house, 17 km sth of Tumbarumba on sealed road. Permanent water, basalt soil, close to western side of KNP with beautiful views, abundant & varied birdlife. No elec but house very cosy, tank water. Suitable for weekender/holiday house. Only 45 mins to Mt Selwyn, 1 hr to Tumut. Asking price \$130,000. Ph: 02-4626-4805.

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PROPERTY FOR SALE NEW SOUTH WALES

DEADLINES: GR142 – OCT 30TH
GR143 – DECEMBER 20TH

FOREST RETREAT, 820 ac with 3 yr old self-cont Colorbond dwelling. Slow combustion heater, perm water, abundant wildlife, 40 km SE Tenterfield NSW. Bordered by Mt Spirabo Nat Pk. No neighbours here! \$110,000. Ph: 07-3287-2881.

SOUTHERN SLOPES, 30 ac old potato paddock, rich fertile soil with big dam. Power and ph, ok to build. Between Crookwell and Taralga at Roslyn. \$69,000. Ph: Franklin Real Estate, 0428-168-118.

MID NORTH COAST, 180 ha, 60 km from Wauchope, timbered hill country, pockets r/forest, waterfalls, 3 room cabin, fuel stove, h/c water, shed, 3 dams & spring. \$70,000. Ph: 02-6587-5201.

PYRAMID SANCTUARY, 4-storey pyramid home, 750 ac, 36 km SW Tabulam. Rural. \$260,000 – \$310,000. Ph: 02-6684-3004. www.suncoastfn.com.au

COPMANHURST NEAR GRAFTON, 40 ha, mostly timbered, with 300 m frontage to Whiteman Creek & perm waterhole. Good road access & ph avail, 3 km from school bus. \$50,000 ONO. Ph: 02-6647-3556.

MID-NORTH COAST, 2 ac personal use, 12,000 ac shared ownership. Share property with title, r/forest & cleared area. Thumb Creek, near Taylors Arm. \$16,000. Ph: 02-4465-1706.

COONABARABRAN, 1500 ac (200 cleared) farm, undulating country, 4 dams, BFA approved with potential for organic farming, tourism, private hideway. Solar powered home, modern bathroom, large shed, tractor & implements. WIWO \$200,000. Full details: ph: Maggie, 02-9745-5792 or www.conceptsatwork.pcsa.net.au/farm

HOUSE ON FIVE ACRES, nth NSW, 1 hr from Gold Coast. Spacious timber & rock, 2 storey, 5 b/room, nth panoramic views, lge solar system, shed, tanks. Well estab MO needs work – must sell. \$87,000 ONO. Ph: 02-6684-3946.

FAR NORTH COAST, 6 year old Hardiplank 3 b/r house on 4.2 ac. Permanent rocky crk, power, ph connected. Kyogle 21 km, 10 km Nimbin, 40 km Lismore. School buses to all schools. \$138,000. Ph: Geoff, 02-6689-7205. Best in evenings.

UNIQUE LIFESTYLE LOCATION for those who can afford to escape the rat race, yet be only 40 mins to Hornsby. Large luxury home in secluded bush setting at Mangrove Mountain on the central coast, too many features to list. \$850,000 ONO. This home is set on bush acreage & is not suitable for farming. Ph: 02-4374-1169, 0418-257-534.

YOUNG, NSW, 90 mins from Canberra, 4 1/4 ac, ph & elec accessible, lock-up shed, house flat levelled. \$15,000. Ph: 07-5476-4160.

SNOWY MOUNTAINS – DALGETY, 35 mins Jindabyne. Turn of the 20th century farmhouse. 3-5 b/rs, separate studio, orchard, fenced 5 ac. Permanent crk, power, ph. \$85,000. Ph: 02-4782-3359, or 0415-710-644.

GLOUCESTER, SHARE in 364 ac council approved MO. Share incl cabin on 5 ac, huge dam, estab garden, solar power, sheds, ride-on mower etc. Idyllic views & surroundings. Agistment fees pay rates. School bus at front gate. \$75,000. Ph: 02-4344-6688.

LOW COST LAND SHARING, \$7000 per site, 80 sites, up to 2 ac each in 1640 ac property, 20 km nth of Port Macquarie, mid north coast NSW. See 'Communities/Shares' ad. Ph: 02-6653-4601. www.skyboom.com/goolawah

UPPER BUCCRABENDINNI, via Nambucca Heads, 48 ha bush block, crystal clear perm crk with swimming holes, small r/forest pockets, natural springs, power & ph avail, urgent sale, reduced to \$59,000. Ph: 02-6568-8214.

COPMANHURST, 5 ac ridge block, NE aspect, c/van, power, ph; 4 mins village, primary school, store, Clarence River; 15 mins Grafton city. \$36,000 ONO. PH: 02-6656-1793.

DORRIGO AREA, 100 ac, waterfalls, swimming holes, subdividable, cabin, school bus, ph, organic f/trees, r/forest bush paradise. \$130,000 ONO. Ph: 02-6657-2358.

TOWAMBA/PERICOE AREA, 40 km from coast near NSW/Vic border, 48 ha (120 ac) super soil, long crk front. Good water, lots of trees & wildlife. Very secluded. Dozens of uses incl money-making projects or just commune with nature. Last sale in area was \$800 per acre; we'll accept \$85,000 ONO. Ph: 02-4784-1020.

INVERELL, 180 ac rolling nat pk type country, perm spring-fed dam, overlooks nat (Kings Plains) pk, 3 km from nearest neighbour. \$78,000. Owner terms: \$5000 & \$180 PW till paid. Wayne, 07-3262-6050.

PERFECT COAST RETREAT, located 10 mins from Maclean/Yamba, ocean beaches & nat pks, between Byron Bay & Coffs Harbour; 120 ac, elevated, natural forest & environmental wetlands running down to perm crk (navigable, with direct access to Clarence River & Pacific Ocean). An absolutely magic secret spot with abundant wildlife incl brolgas. \$89,000. Howard, 02-6646-3733.

BATHURST/LITHGOW, 35 min drive from each, 1/3 share in 560 ac property with bores, dams, fencing, half native bush. Cottage with wood heater, gas fridge, stove, beautiful garden, views. School bus to gate. Peaceful secluded area, only 3 hrs from Sydney. \$78,000 ONO, must sell. Ph: 02-9688-0408, 02-6352-2083.

TAMWORTH AREA, sth at Loomberah, 30 mins to Tamworth, 150 ac, 2 dams, 23' c/van, cleared house site with main rd access, superb valley views. High aspect, 70% eucalypt cover, 30% previously agisted. Ideal rural retreat, power, ph avail. Photos on request. \$80,000 ONO. Ph: owner, 02-9890-9073.

TWO ACRE STRATA block, near Lismore northern NSW. Great views with livable solar-powered shanty. Running crk, water tank, use of generator etc. \$40,000. Ph: Yvonne, 02-6622-8627.

BOMBALA, 3 b/r house on 3 1/2 ac land, 5 mins walk from town, 1 hr drive to coast, 1 hr to skiing. \$90,000. Ph: 02-6494-2193.

LOVELY COTTAGE + 2 ac share on MO, Channon/Nimbin area. Main & 3 rooms, r/forest. Price: \$59,000. Ph: 02-6621-4981. Brigitte Zweng, 22 Clarice St, LISMORE 2480.

NORTH COAST, BUSH PARADISE, 88 ac, 1 km perm crk frontage, lge swimming holes, 1 b/r house, studio, guest c/van, shed, solar power, estab orchard, privacy, 22 km to Kyogle. \$120,000. Ph: 02-6633-1490.

MID NORTH COAST, 27 km west Wauchope, 31 ac, arable, river flats, irrigation licence. Attractive solid cottage, 1 – 2 b/r, s/c/heating, air-conditioned. Suitable bamboo, grapes, olives. \$197,000. Ph: 02-6587-1190.

SOLAR PRICE CRASH! See inside front cover. **NYBODA**, 2 b/r mudbrick cottage on 75 ac. Dam, sheds, garden, well set up. \$120,000. Offers considered, must sell. Ph: 02-6649-4943 AH.

QUEENSLAND

OVERLOOKED BY MT BARTLEFRERE; overlooks Russel River, 14 ha, 1/3 cleared, balance r/forest. Water, power, bitumen rd access. Stupendous views, 20 mins Innisfail, 1 hr Cairns. \$117,000. Ph nights: 07-4094-1520.

NORTH GYMPIE, 2 ac block, solid 26 ft c/van on site, great views, private, wooded, tanks. Permaculture possible. Price: \$19,500. Ph: 02-6621-4981. Brigitte Zweng, 22 Clarice St, LISMORE 2480.

FORTY ACRES, UNDULATING, fenced, views, dams, trees, 3 b/r house, sheds, gardens, tractor, machinery, portable yards. Warwick. \$165,000. Ph: 07-4667-4940.

MAPLETON FALLS, Sunshine Coast hinterland, tourist oppo, 4 fully renovated masonry units on 9 treed, steep ac overlooking Kenilworth Valley. Property adjoins nat pk & falls. Rented permanently at present, zoned for overnight accom. Three ac resubdivision council approved. Urgent need for day kiosk to be built. As-is 390 K, units on 3 ac 320 K, 3 ac vacant 110 K. Private sale. Ph: 07-5445-7818.

GIN GIN, 26 ac. \$20,000. Ph: 07-4157-6061.

MILLMERRAN, 250 ac f/hold land, blank canvas, do with it what you want. Tall straight, termite resistant cypress pine, gently undulating, numerous dam sites. Ph: 08-8953-3964.

ORIGINAL 1910 COTTAGE, 4 red ac, power, ph, water & school bus, 10 mins to town, very private. \$45,000 ONO. Sth Burnett area. Ph: 07-4168-9070.

FORTY ACRES, LOWMEAD, with humpy shed, 25 mins from Bundaberg, very private, lots of wildlife, close to school & shop, house site cleared with beautiful mtn views, rockpool, dam, good timber, 2000 gal tank. Rates valuation \$33,500, sell \$25,000 ONO. Deceased estate. Ph: 07-4159-6819, 07-4156-9259.

BUSH BLOCK, 33.86 ha near Tara, healthy dry climate, dam on block, elec connected. Phone on road, school bus. Lot 36 Tomalou Line, Wieambilla Estate. Priced to sell \$23,000 ONO. Please ring owner on, 02-6734-5399.

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PROPERTY FOR SALE QUEENSLAND

PLACING AN AD?
See page 73 for details

TIMBERED COUNTRY 9.9 ha, 2 b/r cottage, 2 dams, ph, 10 km nith of Childers on highway. Price \$59,000. Ph: 07-4788-1215.

BEAUT QUARTER-ACRE BLOCK, 40 mins nth Bundaberg, flood free, overlooking park, bitumen roads, elec, ph, level sloping. Five mins hotel, shops. Bank or vendor terms. \$8000 only. Ph: 0401-187-111. R Tee, PO GYMPIE.

ATHERTON TABLELANDS (2.5 ac), 10 mins Herberton, buses, schools, shops, good red soil, fenced, ph, old van, power, serviced bore. Sell medical reasons. \$35,000 ONO. Ph: 07-4097-7175.

ATHERTON TABLELANDS (3 ac), 10 mins Ravenshoe, 3 b/r house, verandahs, electric & combustion stoves. Stands: forest, native, orchard trees. Three sheds, power, ph, reticulated water. Sell medical reasons. \$85,000 ONO. Ph: 07-4097-7175.

UNSPOILT LAND, 45 ac, located at picturesque Baffle Creek, 10 mins from surf & fishing, 65 km nth of Bundaberg. \$40,000. Ph: 07-5561-8161, or 0419-707-523.

TOPAZ, ATHERTON TABLELAND, 46 ha. This beautiful property is half tropical r/forest, and half lush pasture with shady trees, on rich red volcanic soil. Private, at end of road, with spectacular 360° views from a shed with power & ph. Two pristine rocky perm crks, mild climate & good r/fall, elev 720 m, 30 mins Atherton. 1½ hrs Cairns. \$135,000. Ph: 07-4093-7490.

RAINFOREST 1.03 ha, lge fan palms, ferns, surrounded by nat pk, ph, no elec. 1 hr nth Cairns. \$38,000 ONO. Ph: 07-4156-3038, 07-3720-8434.

CORAL COAST, 40 ac gums & ironbarks. Drive to top of hill, 300° views, partly built shed. Ph & power at gate, approved. Private block, working community. High school, pub & hardware 10 mins, 45 mins to Agnes Waters, 40 mins to Bundaberg. \$38,000 negotiable or trade. Ph: 0401-590-281.

NANANGO, SOMETHING OUT OF THE ORDINARY: Unique home on fenced, landscaped ac with all services, close to town with rural outlook. Detached guest quarters with en suite. Suit retired couple or family with teenagers. \$77,000. Ph: 07-4163-2730, or 07-4661-3058.

IDEAL ORGANIC FARM, 300 ac, fenced into 13 paddocks, solid stock yards, 2 veterinary crushes, tick-free, 3 dams, 1 km running crk, 100 ac cultivation, 100 ac improved pasture, 100 ac timbered hills, various sheds. Current use grazing (and for last 10 years). Suit grapes, olives, nuts, flowers, goats, cattle. Brisbane 2.5 hrs. Brick home, 3 lge b/bs, 2 car accom, magnif views, garden, f/trees. Handy shops, hotel, sports, school, TAFE & expanding Tarong Power Station. \$250,000 ONO. Ph: 07-4164-6172.

BLACKALL, WESTERN QUEENSLAND, 3 x 2 b/r flats, good condition. Please ph: 07-4654-0170. Only \$55,000.

OWN A NATURE RESERVE and escape from the rat race, traffic jams & rowdy neighbours. This tranquil hideaway on the Capricorn Coast has a modern 3 b/r house, horse paddock, coconut palms & glorious sea views. Ten mins to town, schools, beaches on tar roads. Thirty mins to airport. Sacrificial price. Ph: 07-4939-7199 evenings.

WANTED, LARGE REMOTE FN Qld or FW Qld property. See Business Opportunities. Ph: 07-3283-2604.

WE'RE RETIRING, SUNSHINE COAST HINTERLAND, subtropical fruit orchard, 10 ac, drought-proof, highly productive soil with northerly aspect. Secluded spot, 8 mins Nambour, 20 mins Maroochydore & beaches. High-set 4 b/r home landscaped to attract abundant wildlife. This commercial orchard has 'approved supplier' accreditation + many self-suff f/trees. \$350,000 ONO, should not attract GST. Ph: 07-5445-0926.

BEAT THE RAT RACE and pollution on 50 ac in the beautiful Brisbane Valley. Sloping timbered block, 2 dams, lots of wildlife, 3 b/r timber-frame, aluminium-clad house. Solar power/gas, composting toilet, wood heater, adequate tank water. Cyclone rated double lock-up Colorbond garage with awning. Nearest town 19 km. Bitumen roads. Suit environmentally conscious senior couple or smf family. Lots of extras. \$140,000. Ph: 07-5423-5207.

MILLMERRAN DISTRICT, 249 ac, chemical free, new 9 x 9 shed + 9 x 6 c/port, gas fridge, septic, plumbed, woodstove, approx half natural, ½ pushed, 3 dams, chook run, r/water tank. \$105,000, or consider trade for Adelaide area. Ph: 07-4749-3787, or 0418-715-558.

KOOKABURRA PARK ECO-VILLAGE on the Bundaberg-Gin Gin road. Stage 4 now selling. Quiet, big f/hold building lots up to 5313 m². Priced \$30,000 to \$40,000, GST incl. Tall timber, lake views, wildlife abundant. Ph: Barry or Christine, 07-4157-2850.

Email: kookaburra@sunweb.net
Web: www.sunweb.net/kooka/

BEAUTIFUL, PRIVATE VALLEY of 160 ac, selectively cleared, gentle slopes & broad flats, abundant dam water. Ideal climate & aspect, frost free around home site. Dwelling of 30 sq m + 90 sq m house of split-face blocks, 70% complete. Thirty-five varieties of f/trees. Power & ph. Photos avail. \$147,000. Ph: 07-4157-2736.

DALBY, 600 ac open forest, fenced. Suit 30-40 breeders. Home started (roof, floor, walls only), needs finishing. \$95,000, or offer. Ian, 07-4662-2981.

ORGANIC MANGO FARM, Childers, 20 ac red soil. New 4 b/r home, 12 m x 6 m steel shed, 2 dams & spring, good water, nice views, 3-phase power. Forced sale \$169,000. Ph: 07-4126-2772.

QUEENSLAND, THIRTY ACRES, natural forest views, power, ph. \$21,000. Paul, 07-5497-6081.

\$105,000 WIWO, for 90 ac, 75 km from Kingaroy. Country cottage, 2½ b/bs, 2 solar systems. Plus you walk into \$20,000 worth of extras. Fenced for goats. Ph: 07-4168-0273.

GIN GIN, BUNDABERG CLOSE BY, estab 5 ac. Rates \$450. One b/r unlined steel modular home, more modules can be added. Caravan for visitors. Front & back verandahs, septic, power, ph, bitumen. Organic house garden, many varied f/trees. Large dam supplies water for seasonal vegetables grown for markets, supplementing age pension. Electric pump for watering. Wild geese, ducks, yabbies, parrots. Selectively cleared. Fergy tractor, disk plough, slasher, 5000 ft trickle piping. Hard work done. Reason for sale: too big for now-single aged pensioner. Photos avail. \$60,000. Ph: 07-4157-4601.

NEAR GATTON, Qld, lge house with shop & storeroom, 3 b/bs, library, lounge, dining, country kitchen, other smf sitting rooms, bathroom, shower room. Huge outdoor covered area with hobby room. On ¼ ac with bore & plenty of tank water. Potential for B&B. \$95,000. Ph: 07-5462-6280.

SOUTH-EAST QUEENSLAND, Mount Perry retreat, 590 ac gently undulating country. Partly cleared with 80 ac. River flats, 2 km Perry River frontage. New steel shed 12 m x 6 m. Virgin soil, peace & tranquillity. Power avail. \$125,000. Ph: 07-4126-2772.

PERFECT QUEENSLAND HIDEAWAY, 21 ac natural pine forest, all-timber weekender cabin with elec & ph connected. All overlooking extra lge perm dam & hidden in middle of the forest. \$42,000. Seller terms to anyone with \$5000 full deposit & \$120 pw. Ph: Wayne, 07-3262-6050.

ONE HUNDRED ACRES FOREST near Dalby Queensland, rugged natural crk fronting undulating open forest country, wildlife galore, 2½ hrs Brisbane. \$32,000, or with new lge hayshed \$34,600. Wayne, 07-3262-6050, Ian, 07-4662-2981.

NATURAL OPEN GRASSLANDS and forest 1250 ac, with long frontage to perm crk & many lge perm natural lagoons. Old shearing shed, power & ph avail. Located 3 hrs Brisbane/Gold Coast/Sunshine Coast in Queensland. Full price \$100 per ac (\$125,000). Wayne, 07-3262-6050.

NO ONE WILL EVER FIND YOU at Benthleigh Station, 650 ac, virgin open forest teeming with wildlife. Home built to lock-up in middle of property, 10 ac of lagoons & long frontage to perm Wilkie Crk. Located 3 hrs Brisbane/Gold Coast. \$125,000. Owner will consider home anywhere as full deposit & seller finance balance @ \$135 pw. Wayne 07-3262-6050

BLOOMFIELD RIVER - DAINTREE, 12.5 ha, coastal views, rd access, power, lovely bushland. \$85,000 ONO. Ph: 03: 6369-5465. email: artark@vision.net.au

CHANCE OF A LIFETIME, 5 ac on crk, power & ph, great views down the valley, 10 mins to local town and 1½ hrs to Brisbane. Full price \$32,000 seller terms. \$500 full deposit & \$85 pw. Ph: Ian, 07-4662-2981, or Wayne, 07-3262-6050.

Don't forget to include your area code with your phone number. It's best to set it out as 00-0000-0000.

GRASSIFIEDS

PROPERTY FOR SALE QUEENSLAND

BUNDABERG HINTERLAND HOBBY FARM, 2 - 3 b/r house, screened in verandah, power, ph, lge shed with tractor & implements, pump & irrigation. Very private selectively cleared 56 ac, 2 titles, 10 mins to town. House located on rolling hills amongst tall gums & ironbarks, estab gardens, f/trees & fertile soil, 3 dams & perm crk. Currently rented. \$97,000 ONO. Ph: 07-4974-7147 AH 5pm.

WEST OF MARYBOROUGH, 1½ hrs, 830 ac. Range country, marginal soil. Four-wheel drive adventureland. Rainforest gorges, spectacular views, 3 dams, areas selectively cleared for cattle, mostly wilderness. Rates \$300 per year, 10 mins to shop & primary school. \$85,000. Ph: owner, 07-4123-2309.

RAINFOREST RETREAT & sml camping area, enviro friendly, requires active partner, must be into garden & Euro travellers, a 2nd language would be an advantage. Ph: 07-4958-3204.

VICTORIA

FAR EAST GIPPSLAND, 377 private ac, state forest on 3 borders, council rd to front gate, 80 km from Bombala. Permanent pristine crk through property. Three b/r rammed earth house with septic tank, solar h/water & solar power with diesel generator backup, 5000 gal concrete tank, 39" av r/fall. Unique property. \$145,000 ONO. Ph: 03-5155-3659, 03-5158-7238.

EUROA, approx 100 ac river flats, crk with natural lagoon, 7 paddocks, 2 lge sheds, cattle yards, native tree plantations, chemical free, town water, main rd frontage, close Euroa. \$225,000 ONO. Ph: 03-5795-3471.

NORTH-WEST VIC, SPEED, w/board home, excel condition, evaporated cooling, o/fire place, wood heater, 3 b/rs, estab garden, c/port, garage. Adjacent to 5 ac, could be purchased separately. Ph: 03-5082-4274.

BARMAH TOWN, near Echuca, opposite Murray River, red gum forest nearby, 3 b/r w/board house, solar hot water. Large fenced yard. Bus stop at door. \$65,000. Ph: 03-5985-5668.

EAST GIPPSLAND, quality 2 storey mud-brick/post & beam home on 10 ac, peaceful rural setting, 25 mins Lakes Entrance, 20 mins Baimsdale. Three b/rs (1 upstairs), semi-open plan kitchen/dining/lounge with timber floors. Leadlight windows, slate floored wet areas, full verandah, s/c/heater, gas cooking. Five ac bush, abundant birdlife, 2 dams (1 with water lilies) spring crk, beautiful garden, fenced house yard, vegie patch, chook house, estab orchard, 20 x 30 lock-up workshop, 2 bay shed, 10,000 gal tank, school bus. \$150,000. Ph: 03-5156-4659, mobile: 0418-380-319.

*Don't forget the deadline
if wishing to advertise in
Grass Roots*

DEADLINES: GR142 - OCTOBER 30TH
GR143 - DECEMBER 20TH

BARKLY, VIC, near Avoca, 3 ac farmlot. \$12,500. Contact: Bev, 03-5156-8575.

HIGHLANDS - YEA, biodynamic farm, secluded 157 ac, undulating country, 5 km off sealed road, 27 km n/w of Yea, 41 km east of Seymour. Two-thirds natural bush, ¼ cleared, 7 paddocks fenced. One b/r cottage, c/port, lge front verandah. Established fruit & nut trees, berries & vegetable garden. Two 10,000 lt water tanks, lge shed with many extras. Two crks, 1 perm & 1 seasonal, ph & solar power. Asking price: \$240,000. For info ph: 03-5796-9214.

DELIGHTFUL MUDBRICK COTTAGE surrounded by mature garden, set on 15 ac, part of a 700 ac organic farm & retreat centre at W-tree 26 km from Buchan in East Gippsland. Solar power, wood stove for heating, hot water & cooking, bottle gas for cooking & fridge. Low living costs & maintenance. Borders on to state forest. Price \$83,000. Work & business oppo avail at the centre. Contact Chloe on 03-9525-8712, or email chloe_lovelidge@hotmail.com

BOINKA, TWO BEDROOM HOUSE with sleepout, renovated, rewired (approx 15 sqs). Situated on Sydney-Adelaide main hwy in a flora fauna reserve, 5 ac of landscaped gardens, fernery, shadehouse, fish pond. No immediate neighbours, school bus, mail delivery. Plus another property. \$50,000 the lot. Ph: 03-5095-6201.

PYRENEES RANGES, LEXTON, central Vic, 18 ac undulating heavily timbered land, 2 dams, planning permit, cleared house site, wildlife & wildflowers, 90 mins to Melbourne, 30 mins to Ballarat, 24 km Avoca. Suitable as tranquil, secluded hideaway. \$28,000. Ph: 03-5465-3709.

EAST GIPPSLAND, ½ ac in sml rural village. superb rural/river views. Walk to primary school, secondary school bus, general store, etc. Baimsdale 20 mins. \$15,750. Ph: 03-5157-5732.

EAST GIPPSLAND, 3 b/r house on edge of sml rural village, 20 mins to Baimsdale, rural outlook, estab gardens, walk to primary school, secondary school bus, general store etc. \$59,000. Ph: 03-5157-5732.

ARE YOU LOOKING for a mtn retreat on 4 ac? At the eastern end of the Grand Ridge Rd in the Strzelecki Ranges - Carrajung? There is a 2 b/r steel-framed timber & log house set in temperate r/forest with ornamental gardens, beautiful deciduous trees & a small dam. It has lge open plan living with slow combustion wood heating built into a river stone fireplace, gas cooking & hot water, air conditioning, timber-lined cathedral ceilings, wide verandahs, walk-in pantry, built-in wardrobes, timber-lined kitchen. Ample outbuildings & an abundance of wildlife incl wallabies, wombats, koalas, echidnas, possums, parrots, honeyeaters, wrens & much more. Just 40 mins from 90 Mile Beach & historic Port Albert & 30 mins from shopping centres. Country living for just \$120,000. Contact owners on: 03-5194-2336.

WESTERN DISTRICT between Hamilton & Portland, 4 b/r home, 3 room ATCO building, farm sheds, 60 ac in 4 titles, good black soil, estab f/trees & garden. \$120,000 ONO. Ph: 02-6649-3836.

TASMANIA

SELF-SUFFICIENCY, WEETAH: 88.5 ac lush pasture & some bush, suited to grazing & fodder conservation. Water is in abundance from dams, crk & bores. It's fully fenced with stockyards, barns & numerous shedding. The house comprises 18.5 sqs of comfortable 4 b/r living, surrounded by beautiful landscaped gardens. There are also f/trees, hothouse, vegie garden & a fully net-covered bird-proof strawberry & raspberry patch. A hen house & piggery complete the picture of bountiful home-grown produce at only \$185,000. Ph: 03-6362-2752.

BOAT HARBOUR, 25 sq character country home (circa 1875) on 2¼ ac, rich red soil, organic vegie garden, f/trees, r/w tank & bore water. Sea views, 1 min to prim school, 3 mins to beach & boat ramp, 10 mins to town. \$120,000. Ph: 03-6445-1144.

CHARACTER HOME on 2½ ac, 3 b/rs, 2 lounges, lge kitchen, north facing with views to Bass Strait from all main rooms. Outbuildings, orchard, basalt soil, 10,000 gal tank, poultry, 15 mins to Smithton. \$79,500. Ph: 03-6456-1205.

WYNARD, 15 km inland, 40 sq house on 37 ac, ¾ r/forest, orchards, hothouse, barns & more, surrounded by Calder River, very secluded, \$185,000. Ph: 03-6438-4117, or 0418-140-951.

MODERN BRICK HOME 1 hr Launceston, 100 m Tasman Hwy. Set on ½ ac landscaped land opposite primary school grounds. Fully fenced, parkland one side, front & rear road access, 3 car garage + c/port. Town & tank water, 4 b/rs, 3 with built-ins. Polished timber floor in lge lounge/dining area. New h/w system. Chook pen & greenhouse. \$89,000. All reasonable offers considered. Video with details. Ph: 03-6354-6271, or evegeoff@vision.net.au

NORTH-EAST TASMANIA, NEAR DERBY. Comprises 3 b/r home on 11 ac, some thick forest, no near neighbours, good access. High position, fantastic views, river & road frontage. Own water supply, perm stream. \$65,000. Ph: 03-6353-2483.

CHARMING COUNTRY COTTAGE (in town!). \$23,000 deposit or \$46,000 cash. Three b/rs, views. Ten mins ferry, airport. Free photograph: Trustrum, GPO Box 273, DEVONPORT 7310.

OPPORTUNITIES AND LIFESTYLE on 54 ac, renovated 3 b/r house, overlooking the beautiful Scottsdale valley & stunning views to Bass Strait & islands. Large workshop with 3-phase power (joinery/studio), sheds & hay-barn, 10 mins drive to shops & schools in Scottsdale, 45 mins to Launceston & 30 mins to white sandy beaches at Bridport. Thirty ac grazing (organic beef/cattle), walnut plantation, vegie garden, berry fruits & f/trees, 24 ac native bush incl estab mixed eucalypt plantation. Crystal clear & perm spring water & dams. \$158,000. For more info ph/fax: Joschi, 03-6352-7317, or Petra, 07-3846-0239.

GRASSIFIEDS

PROPERTY FOR SALE

TASMANIA

LILYDALE, 20 mins Launceston, 2 b/r cottage with 'Kachel Ofen' woodheater, outside bath, orchard, dam & huge linden tree, 2 1/2 ac of privacy just 5 mins walk from village centre. Ideal for active retirees. \$120,000. Ph: Hannah, 03-6223-6811.

NORTH-WEST, WILMOT AREA, 3 b/r house, art studio, c/ports, pleasant garden, valley views, 8 ac forest, 10 ac paddocks, 35 mins Devonport. \$72,000. Ph: 03-6492-1369.

COUNTRY LIVING WITH AN INCOME. Commercial property with residence, granny-flat, d/garage. Suitable arts/crafts, teahouse, gallery shop in sm country town on main tourist route 1 hr from Launceston. One-quarter ac estab private garden, f/trees. Video avail with extra details. \$79,000 ONO. Ph: 03-6354-6271, evegeoff@vision.net.au.

TASMANIA'S NORTH-WEST, ESCAPE to 74 ha r/forest retreat, air that rejuvenates body & spirit; tranquillity, seclusion. treefern-lined crks, sassafras, myrtles, blackwoods. 50 mins airport, 25 mins sea, breathtaking views over valley, NW aspect, sheltered, 4 b/r unique home, studio, outbuildings, alt power. estab organic garden/100+ f/trees. Reluctant sale. \$165,000. Ph: 03-6437-0943 for brochure/email.

SOUTH AUSTRALIA

KANGAROO ISLAND, SAPPHIRETOWN, secluded 1 ac bushland property (2 titles) with northerly aspect commanding spectacular views of Eastern Cove & adjoining nature/aquatic reserve. Short walk to beach. Two b/r home featuring fine joinery, spacious kitchen, verandah, combustion heater, power, ph & 10,000 gal water. \$78,000 ONO. Ph: 03-5628-5337 AH.

UNGARRA, TWO TOWN BLOCKS, Lots 5 & 6. shed, water, elec, ph. \$6000. Apply by letter to: Graham Chaston, 4 Bernard Place. PT LIN COLN 5606.

ADELAIDE (32 km from), home on 3.7 ac, vegan gardens, f/trees, space galore. suit 2 families. Info send 2 x 45c stamps. \$285,000 ONO. Ph: 08-8389-2372.

WESTERN AUSTRALIA

MECKERING, TWO ACRES, dam, bus. Suit landcare. \$5000. Vendor finance. Ph: 0419-831-792.

COMMUNITY/SHARES

INNER BRISBANE (Highgate Hill) co-housing community being estab, 1600 m² block with 3 existing buildings, r/forest gardens, plan to build 3 - 4 more dwellings. Seek other investors/owners/participants. Join now to be involved in design process, or express interest for future. Shares over \$100,000. Ph: 07-3846-2740.

*Please print your ad clearly
so we can do likewise*

PLACING AN AD?

See page 73 for details

UNIQUE OPPORTUNITY, 1/24 share in 6400 ac, 2 lge rivers + junction. Select a 20 ac home site, share remainder. Mostly timbered, 2 hrs Lismore. \$25,000. Ph: 02-6666-1382.

FAR NORTH COAST, 13 km north of Nimbin, 45 km from Lismore, 2 b/r timber home, cathedral ceiling, front & back verandahs. Full solar system, gas & solar hot water. Beautiful setting 5 ac share, with flooded gum forest & some cleared land. Public primary school & Steiner school close by. \$70,000. Ph: 02-6689-7087, or leave number 02-6689-7584.

LOTUS PERMACULTURE VILLAGE, Coonabarabran (18 km), 1/6 share of 100 ac. \$17,000. Prospectus. Ph: 02-9651-7627.

FAR NORTH COAST, 20 km from Murwillumbah, 1/11 share of 186 ac (mostly forest). Colorbond shed 6 x 6 m + verandah (insulated & lined), 5000 gal concrete tank + 1000 gal header tank, 2 dams, solar power, gas stove, hot water & fridge, NE aspect. \$70,000. Ph: Kim, 02-6679-5434.

ROSEWOOD Qld, people needed to establish a share community devoted to permaculture, revegetation, sustainable agriculture/development, 8 shares in 34 ac property. \$25 - \$30,000 per share. Has accom, short walk to train to Brisbane. Ph: 07-5464-2816.

MID NORTH COAST, 1/6 share 600 ac. Hardwood cabin, ph, elec, water connected. Tractor, wildlife, views. Community estab 22 years. Bus at gate, close to Wauchope & beaches. \$55,000. Ring Kane, 02-6587-5172.

SHARES IN LARGE INTENTIONAL COMMUNITY nth of Port Macquarie, 5 km from ocean, next to Limeburners Nat Pk. Sponsored by Bundagen Community (Coffs Harbour). Membership to Goolawah Co-op is via \$7000 share. Undulating land with various soils, sandy to good topsoil, 200 ac cleared (on hills), 25 shares sold. See ad in 'NSW' section. Ph: Peter, 02-6566-0087. www.skyboom.com/goolawah.

FAR NORTH COAST, 1/8 share on 1000 ac MO. Home, sheds, nursery, beautiful gardens, crk, wildlife refuge. \$85,000. Ph: 02-6633-3304, or 02-6633-3210.

HOUSE AND LAND for sale \$38,000. A 1/10 share in 156 ac in Daintree, near Mossman, FN Qld, f/trees, half-built house, river access, borders World Heritage rainforest. Ph: 07-4053-4828/0412-152-611.

FAR NORTH COAST, house & 1/8 share 300 ac, spring water, solar, cabin, views, cathedral ceilings, stained glass, estab garden, 35 mins nth Lismore. \$96,000. Ph: 02-6689-1074.

MID NORTH COAST NSW, 1/6 share in 380 ac, backs state forest, perm crk. \$20,000 ONO. Ph: 0419-611-460. Leave number. Best offer.

PROPERTY WANTED

LAND WITH ANY TYPE OF DWELLING \$20,000. Northern Tablelands NSW or Tasmania. Remote area okay. Ph: 02-6732-6893, PO Box 611, GLEN INNES 2370.

WANTED TO BUY: Not less than 15 ac nor more than 40 ac, must have perm running crk, mostly cleared. Prefer southern NSW or northern Victoria. Will pay up to \$2000 per ac for right land. Ph/fax: 02-6947-2070.

FOR RENT/CARETAKER WANTED

WANTED TO RENT/CARETAKE (or buy cheaply) 2 - 4 b/r house within 100 km of Melbourne with enough room for vegies and poultry. Graham: 03-5473-3265, 0411-707-358.

LOOKING FOR CAPABLE GUY to rent cottage, \$70 week, Goulburn, & give helping hand on few ac, 1 km from PO. References please. Good lifestyle guaranteed. Ph: 02-4822-2622.

MIDDLE-AGED RETIRED COUPLE with own home rural setting, Devonport, wishes to exchange/caretake home in south-west Gippsland, Dec onwards for a negotiable period. Ph: 03-6428-4213.

BUSH COTTAGE located Upper Hunter, needs TLC. \$10 PW for mature person. Ph: 0414-450-749.

THREE BEDROOM HOUSE, quiet country town, close Dalby. Comfortable, well maintained, genuine offer. \$75. Ph: 07-4663-4198.

NORTH COAST, beautiful 2 b/r stone/timber house on 12 ac. Solar power, estab f/trees & gardens, abundant water & wildlife, privacy, 20 km to Kyogle, \$100 PW. Ph: 02-6633-1490.

PERSON(S) TO SHARE/RENT house, c/van, secluded Hunter bush block, 60 km Newcastle. Infinitely negotiable. Ph: 02-4938-2036.

BUSINESS FOR SALE

LUCRATIVE CAFE/RESTAURANT, & Art Gallery, Wynyard NW Coast, regular clientele, no competition. Two b/r flat att. Great plant & equip. \$60,000 WIWO. Ph: 03-6445-1144.

ECHUCA, ALTERNATIVE BUSINESS/wholistic centre. Stock includes clothes, books, jewellery, crystals, meditation/healing aids. Lease includes 4 room residence. \$25,000 ONO & stock. Mobile: 0417-055-838.

WANTED TO RENT/CARE-TAKE

WANTED TO RENT, farmhouse/semi-farmhouse around Albury/Wodonga region. Something with character & good sized yard + pets accepted, up to \$100 wk. Please call Darren, ph: 02-6040-7620, mob: 0418-869-693

MATURE AGE FEMALE needs quiet acreages to park motorhome whilst travelling & seeking perm abode. Yeppoon to Coffs Harbour & 200 km inland. Reply: Wanderer (GR141), C/- PO Box 117, SEYMOUR 3661.

OPPORTUNITIES

LIFE CHANGING PRODUCT: Help others while helping yourself & get paid handsomely to do it. This is a direct sales business with an 80% gross profit. Call: 1300-552-526. A3108/7
SOLAR PRICE CRASH! See inside front cover.

GRASSIFIEDS

OPPORTUNITIES

EXPERIENCE HOBBY FARMING before leaping into the unknown. Survive the bottomless pit. Dreaming of self-sufficiency, living with solar power, water conservation, growing your own vegies, using wood stoves. Sharing ideas – building, maintenance, irrigation, worm farms, hydroponics, animals, local craft markets. Local work avail in vineyards & orchards. Cheap rent – log cabin or 28 ft c/van, both with most facilities. Contact: Danny after 7pm: 07-4684-5124, or PO Box 95, BALLANDEAN 4382 or email: danny@halenet.com.au

OPPORTUNITY OF THE MILLENNIUM. Make good money from fastest growing internet business. No experience or internet necessary. Not multilevel marketing. Ph: 02-6242-7126, mob: 0416-083-126 (leave message). Address: PO Box 296, MITCHELL, ACT 2911.

HELP WANTED ON SMALL ORGANIC PROPERTY in exchange for vegan food and accom. Beautiful location in N Tasmania. Ph: 03-6491-2408.

TUG BOAT – opportunity for live-aboard business on classic-style wooden tug boat, 60' x 20' x 9'2", survey vessel. Had complete refit, except accom not complete. Will sell as-is or consider vendor terms for remote lge acreage. FW Qld or FN Qld property + money. Ph: 07-3283-2604.

SOLAR PRICE CRASH! See inside front cover.

PUBLICATIONS

'WHY FARM RABBITS?': Shed design, breeding, health, nutrition, set-up cost, costs, returns, breeding program. Ph: 02-6558-8287.

DONKEY BOOKS, *To Own a Donkey* – photos & text – by Jenifer Simpson \$15 posted. *Pack Donkey on the Trail* – DIY guide book. *Walkabout with Donkeys* – donkeys on the Bicentennial Trail – by Jenny Osten. \$10 each, posted. From: JA Osten, PO Box 285 COOROY, 4563.

SUPPRESSED & UNUSUAL TECHNOLOGIES CATALOGUE: free energy devices, anti-gravity, hydrogen fuel, magnetic motors, alternate fuels and engines, high mileage, 200 + topics, online catalogue: www.iostech.net, or send Aust\$5 to: Lostech Archive, PO Box 96-R, Piha, AUCKLAND, New Zealand.

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SOLAR PRICE CRASH! See inside front cover.

STEINER HOME SCHOOLING? A teaching manual by Alan Whitehead on Creativity and Curriculum. Send \$12 to: Golden Beetle Books, Box 33, BRUNSWICK HEADS 2483. Ph: 02-6680-3889, fax: 02-6680-4314. Visa-Mastercard.

DEADLINES: GR142 – OCTOBER 30TH
GR143 – DECEMBER 20TH

www.users.bigpond.com/goldenbeetlebooks/
'NATIVE STINGLESS BEES' for profit or pleasure – how to get started, pollination/honey potential in Queensland. Detailed info booklets, packed with photographs, diagrams. For free catalogue, send name, address & 45 c stamp to: ANBRC, Box 74-G4, NORTH RICHMOND 2754.

'NIMBIN NEWS MAGAZINE', is a co-operatively run access magazine with articles & information from Nimbin and other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bioregion is at the forefront in the development of sustainable systems. As networkers we scan many mags for suitable & scarce information for our readers. Subscription: 6 editions for \$18, sample \$3.50. Back copies 5 for \$12 posted. PO Box 209, NIMBIN 2480.

'NEW VEGETARIAN & NATURAL HEALTH', the magazine of the Natural Health & Vegetarian Societies. Subscribe today, \$30 yearly and receive: 4 vital magazines, discounts at participating health food stores and natural therapies practitioners, listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 02-4721-5068.

BOOKS, NEW AND OLD. Australiana, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

HOME EDUCATION for info send SSAE to: Alternative Education Resource Group, PO Box 71, CHIRNSIDE PARK 3116. **SAVE 35% ON 'INTRODUCTION TO PERMACULTURE'**, by Bill Mollison. Increased production costs boosts year 2000 retail prices to \$39.55 (incl GST), all books with scuffed covers in the warehouse must be sacrificed. \$25 (incl GST). Publisher pays postage within OZ. Discounts avail on bulk purchases while supplies last. Call Tagari Publications: 03-6445-0945. Fax: 03-6445-0944.

Email: tagaribooks@hotmail.com

FOOD & KITCHEN

NATURAL MALLEE FLOURS, wheat 12 – 14% protein, w/meal flour \$1.20 kg, wheat grain 70c kg. **'WATTLE-IT-BE'** Acacia Coffee, Flour & Seed from \$35 kg. All enquires welcome. Kimbo's Organics, MURRAYVILLE (Nth West Vic). Ph: 03-5095-2199, fax: 03-5095-2128.

WATTLE SEED. Acacia victoriae, roasted & ground, to specification \$40 p/kg, milled flour \$25 p/kg. Plus transport. Lyle, Box 104, WILMINGTON, SA 5485. Ph: 08-8666-2013.

BEE POLLEN, no additives, 450 g sample pack \$11. 1.9 kg pack \$38.50, 4.3 kg pack \$77, 14 kg drum \$203.50. Prices include p&p + GST. A & M Sciberras, PO Box 15, RAMCO 5322.

HOME STONE FLOUR MILLS – mill your own stoneground wholemeal flour for cakes and bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Association. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-9795-2725. Distributor enquiries welcome.

STONE GROUND FLOUR at home, with SCHNITZER German quality hand or electric stone mills. Freshly milled whole grain flour is essential for optimum health. Ten models from \$179. Send SAE for brochures, or add \$5 for video. SCHNITZER (Aust), PO Box 1867, BOWRAL, NSW 2576. Ph/fax: 02-4861-1581.

MISCELLANEOUS

WANTED, SINCERE BELIEVERS to study 'The Big Picture' of Bible prophecy. Details, ph: 03-6491-2408. Eleventh-Hour-Ministry, Box 212, SHEFFIELD, Tas 7306.

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PLACING AN AD?

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CALENDAR EVENTS

GREEN LIVING FAIR 2000, October 15, Canberra City. Demos, talks & environmental products & services. Free entry, food, entertainment, children's activities. Details: ph/fax: 02-6262-6064. Email: glf@webone.com.au

SOUTH GIPPSLAND FARMERS MARKET, inaugural event showcasing produce of local farmers and growers, including some organic, to be held 4 November at Koonwarra Memorial Park, 6 km nth of Leongatha. Thereafter first Saturday of each month till April. For all enquiries ph: Peter Arnold, 03-5664-0036, or Naomi Coleman, 03-5664-3301.

DEADLINES: GR142 - OCTOBER 30TH
GR143 - DECEMBER 20TH

THE WAGGA WAGGA ALTERNATIVE EXPO Inc will be held at the PCYC Complex, Gurrwood St, 11 & 12 November 2000. Open from 10 am to 6 pm daily. An exciting festival focusing on alternative & natural products & services, energy saving technology, natural health, personal and alternative growth groups, vegetarian food, tarot & clairvoyant readings. Proceeds to the Wagga Branch of PCYC & Streetbeat (supporting our youth). All enq, please contact: Louise, 02-6933-1461.

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CONTACTS

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COUNTRY MALE, 49, slim, n/s, n/d, quiet & easy-going, not in rat race. Looking for a friend, lover & soul mate of taste, with intelligence, who dislikes traffic, parking meters & loud people. Sagittarian. Budek Bospisil, Baradine Rd, BUGALDIE, NSW 2357.

GENUINE SIXTY YEAR YOUNG gentleman seeks an honest lady as companion & soul mate, 45 - 55. Interests incl, horse riding, fishing, song writing, country & western music & enjoying country lifestyle. Reply to: Tom, PO Box 324, PAMBULA 2549.

I'M SEEKING A DOWN-TO-EARTH slimish single female, or mum with 1 child, who genuinely seeks a partner, a happy family home, a fresh start to life, wants to relocate, has emotional baggage in perspective & has no problem travelling here for a visit. Write to BS, 79 Yarragee Rd, MORUYA, 2537, or ph: 02-4474-5075. I'm a full-time single dad, 46 (not 35, as incorrectly typed in GR140), youthful, 6 ft, fair, 90 kg, one 12 year old daughter. Travelled a lot. Now living a peaceful country lifestyle away from the fast lane. I own 3 ac near river/ocean. Cosy wood cottage. Honest, romantic, communicative, optimistic, humorous, playful, compassionate. Handyman, cook, arts/craft, outdoors, beach, etc, garden, vegies, chooks, 1 cat. Light smoking/drinking OK. (Not into pubs, footy, crowds or religions.) Exchange of photos appreciated.

GENT 60, n/s, living in Dubbo area, would like to meet lady of about same age for outings & friendship. Enjoys most things in life. Reply to DP (GR141), C/- PO Box 117, SEYMOUR 3661. **CREATIVE INTELLIGENT WOMAN,** early 50s, n/s, working as yoga teacher & bush regenerator, seeks companion for bushwalking, conviviality & perhaps dancing. Currently living in Sydney but planning to eventually move to somewhere greener & quieter. Reply: S (GR141), C/- PO Box 117, SEYMOUR 3661. **QUEENSLAND**

CHRISTIAN LADY requires male companion 60 - 64, vegetarian, n/s, n/d, tall, slim, F/S, PO Box 756, CAIRNS 4870.

CAIRNS: open, honest, happy Picean male, 40, likes all the simple things in life: fishing/crabbng, camping, movies, etc. Would like to correspond with a like-minded active lady in her 30s. Please reply: Don (GR141), C/- PO Box 117, SEYMOUR 3661.

FRENCH MAN, 36 years old & of very calm nature, attractive, 180 cm, slim, hazel-green eyes, brown hair, nonsmoker, nondrinker. Living in Australia for 29 years. I practise Buddhism & Tantrism. My interests in life are gardening, writing, reading, chess, card games, the outdoors, a wide variety of music. I have never married or had any children. I am intelligent, honest, sincere, affectionate & sensitive. Seeking a lady partner between 25 - 45 years of age. Recent photo appreciated. PO Box 104, BABINDA 4861.

VEGETARIAN MALE, 48 years, intelligent, slim & health conscious, n/s, n/d, naturally affectionate & caring. I enjoy the outdoors, gardening, cooking, & most of all, taking care of someone I love. Seeking a sincere, caring woman (25 to 45), or mother & child, to share simple country lifestyle. Wayne Pollard, PO Box 235, GIN GIN, Qld 4671. Ph: 07-4157-2736.

WA & VIC

MAN SEEKS n/s lady 50 - 60, to share farmhouse. Interests: outdoors, bush garden, classical music, nature, arts. Pat (GR 141), C/- PO Box 117, SEYMOUR 3661.

FEMALE TWENTY-FIVE, on journey around Australia, seeks males/females to share experiences & costs in my campervan. Currently in Vic, heading west. Ph: 0408-568-225.

SOUTH AUSTRALIA

MALE, THIRTY-SEVEN, making a go of it, Southern Flinders Ranges. Self-suff, alternative, permaculture. Friendly, down to earth, young at heart. Like to work & play. Mentally & financially together. Seeking lady 30-37 to share the future with. Lyle, Box 104, WILMINGTON, SA 5485. Ph: 08-8666-2013.

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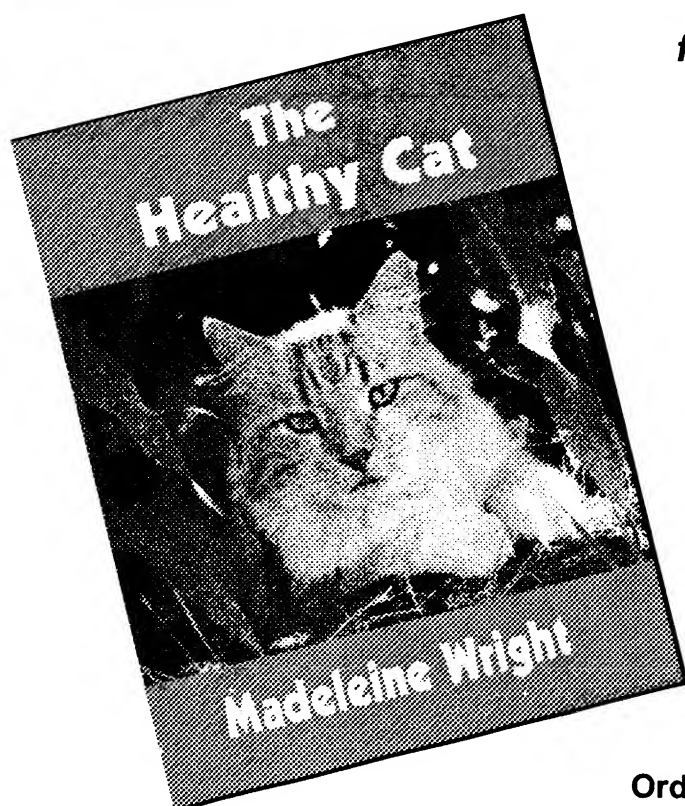
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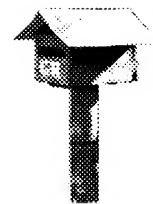
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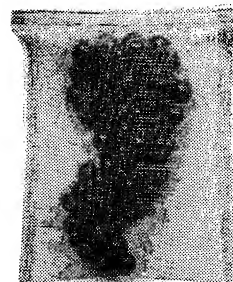
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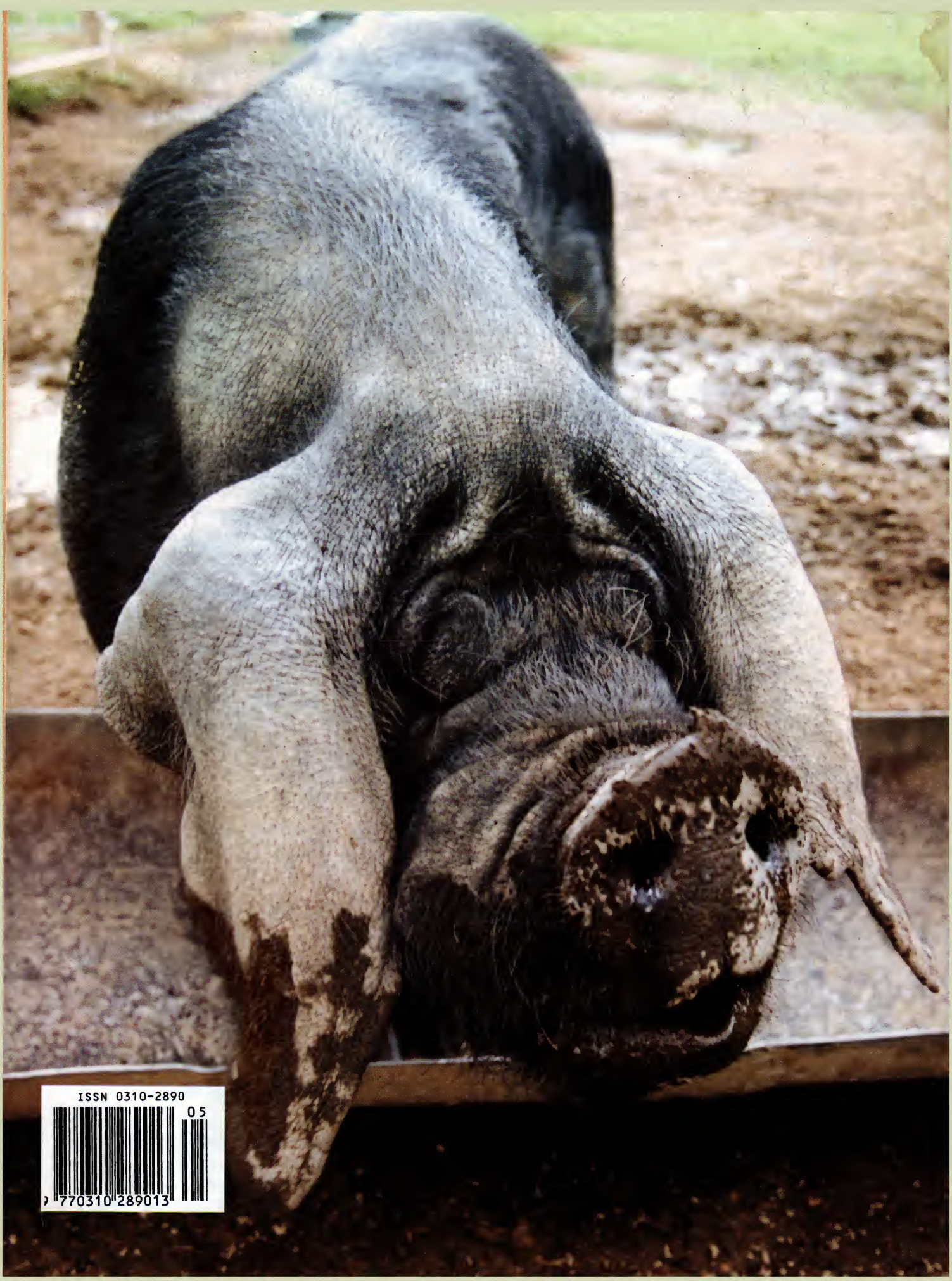
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